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Day
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CVD CONNECT

WORLD
**COPD
DAY**
A FEATURE

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platter**
Of pudding
and pie...

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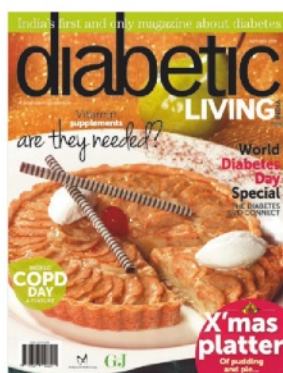


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Santa Claus

IS COMING TO TOWN

November-December is special in ways more than one. From Children's Day to Christmas extravaganza, this is the time to sing Christmas carols, wait for Santa Claus on Christmas eve, light candles, give gifts, feast on turkey and Christmas cakes and a lot more. In India, in November, we celebrate the birthday of India's first Prime Minister and children's favourite Pt. Jawaharlal Nehru alias Chacha Nehru on November 14. Second, but most importantly, November 14 is also observed as **World Diabetes Day** worldwide. We have a story that talks of the Diabetes and CVD connect. With November 19 being observed as World COPD Day, we try and understand the characteristics of the problem, symptoms, preventive measures and management of the same. In the **Related ailments** section, we talk of the cancer connection-the recent advances in cancer treatment and Precision Medicine. And, also preventing hepatitis-the steps to take. Our **Medication** section tells you about overcoming needle phobia in people living with diabetes. Also, read and find answers to questions like are supplements needed? In our **Nutrition** section, we talk about the goodness of Passion Fruit and also give you Plum recipes. You must be wondering if one can actually make dishes out of this watery fruit. The **Fitness** section will make you do *balle balle* with Masala Bhangra. Let's see what your cards have in store for you health-wise this season in the **tarot** section. Our **Food** section takes you through Christmas delights where we have Pears Weggli Pie, Tiramisu, Plum Pudding with Cognac Sauce, Roast Chicken and more. Write to me at pallavis@maxposure.in. Stay healthy, stay happy. Cheers!

Pallavi Singh



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IT'S ALL GOOD INSIDE



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Publisher & COO VIKAS JOHARI
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Executive Editor PALLAVI SINGH

MEREDITH CORPORATION

Chairman and CEO STEPHEN M. LACY
Vice Chairman MELL MEREDITH FRAZIER
Editor MARTHA MILLER JOHNSON
International Director MIKE LOVELL

Contact us diabeticliving@maxposure.in
Information info@maxposure.in
Subscriptions subscribe@maxposure.in
Careers hr@maxposure.in

MaXposure Media Group India Pvt. Ltd

North | Head Office | Unit No F2b (Second Floor)

Mira Corporate Suites, Plot No. 1 & 2, Ishwar Nagar, Mathura Road, New Delhi - 110065

Tel: 91.11.43011111, Fax: 91.11.43011199

Chandigarh | Sco no. 866, 2nd Floor,

Office No. 18, NAC Manimajra,

Chandigarh - 160101 Tel: +91.9988985839

West | Mumbai | Time Square Building, Third floor,

Western Express Highway, Andheri (E), Mumbai - 400069.

Tel: 91.22.61991111, Fax: 91.22.61991115

Pune | Subjeev Business Centre

29, Ground Floor, East Street Galleria, 2421,

East Street, Camp Pune-411001

Tel. 91.8055366112

Ahmedabad | 4, Meagabyte Business Centre,

Navrang Building, Opp Samsung Show room,

Swastik Char Rasta, C.G. Road,

Ahmedabad - 380009 Tel: 91.79.40193627

Indore | 7/1, 409, Fourth Floor, Ratan Mani Complex,

Opposite Inter Star Showroom, New Palasia, Indore - 452001

Tel: 91.731.4248881

East | Kolkata | DPS Corporate Club, First Floor, 9A Sebak Baidya Street,

Kolkata - 700029, Tel: 91.33.40680111

Raipur | Magnetto Offizo, Office No.546, Fifth Floor, Magnetto

The Mall, G.E.Road, Labhandi, Raipur

Tel: 91.771.4264571

South | Bengaluru | 1010 A Wing, Tenth Floor, Mittal Towers,

M.G. Road, Bangaluru-560001, Karnataka, India

Tel: 91.80.40921037-38, Fax: 91.80.41510657

Hyderabad | 1-11-222/2 Ground Floor, Street No.4, Gurumurthy lane,

Begumpet, Hyderabad-500 016.

Andhra Pradesh. Tel: 91.40.40021545

Chennai | 2nd Floor, X-42, Sindur Shopping Centre,

2nd Avenue Road, Chennai- 600040

Tel: 91-44-42015684, Fax: 91-44-42015685

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Editorial advisory board

The following health care professionals—all experts in diabetes management—review articles that appear in *Diabetic Living*® magazine:

Connie Crawley is a nutrition and health specialist for the University of Georgia Cooperative Extension Service in Athens, specialising in diabetes and weight loss. Connie is a member of the American Dietetic Association Diabetes Care and Education practice group.

Marion J. Franz has authored more than 200 publications on diabetes, nutrition, and exercise, including core-curriculum materials for diabetes educators. Marion is a member of the American Dietetic Association Diabetes Care and Education practice group.

Joanne Gallivan is executive director of the National Diabetes Education Program at the National Institutes of Health. Joanne is a member of the American Dietetic Association Diabetes Care and Education practice group.

Marty Irons practises at a community pharmacy and also served in industry and the military.

Jeannette Jordan works for the Medical University of South Carolina in Charleston and consults with the Centers for Disease Control and Prevention.

Irene B. Lewis-McCormick is a fitness presenter and educator. Certified by the nation's leading fitness organisations, she is a faculty member of the American Council on Exercise.

Chris Smith, The Diabetic Chef® is the president of Health Range, Inc., and a professionally trained chef. He is a food consultant and cookbook author and conducts healthy-cooking classes.

Hope S. Warshaw is a writer specialising in diabetes care. She has authored several American Diabetes Association books. Hope is a member of the American Dietetic Association Diabetes Care and Education practice group.

Fred Williams practises endocrinology and specialises in diabetes. He is an active member of the American Association of Clinical Endocrinologists and serves on the board of directors.

John Zrebiec is director of Behavioural Health Services at the Joslin Diabetes Center in Boston and a lecturer in the department of psychiatry at Harvard Medical School.

Editorial advisory board, India

The following health care professionals—all experts in diabetes management—review articles that appear in *Diabetic Living*® magazine's India edition:

Decorated with the Padma Shri and BC Roy award, **Dr. Anoop Misra** is Chairman, Fortis-CDOC Center of Excellence for Diabetes, Obesity, Metabolic Diseases, and Endocrinology, in New Delhi. He is also Chairman of the National Diabetes, Obesity and Cholesterol Foundation (N-DOC) and Director of the Diabetes and Metabolic Diseases, Diabetes Foundation of India. Dr. Misra has led several pioneering research studies on diabetes and published more than 300 research papers.

Dr. Ambrish Mithal, Doctor of the year DMA 2005, cited in Limca book of records since 2005, is presently the Chairman and Head of Endocrinology and Diabetes division at Medanta, the Medicity, Gurgaon. Dr Mithal is immediate Past President, Endocrine Society of India and chairs the Nutrition Working Group of the Committee of Scientific Advisors of the IOF, Switzerland.

Dr. V. Mohan is Chairman and Chief Diabetologist of Dr. Mohan's Diabetes Specialities Centre and President & Director of Madras Diabetes Research Foundation, Chennai. He has published over 600 papers in prestigious peer reviewed journals and contributed over 100 chapters to text-books on diabetes. He has received the prestigious Dr. B.C. Roy National Award, and Fellowships from all the four Royal College of Physicians of London, Edinburgh, Glasgow and Ireland.

Dr. Shashank R Joshi is a well-known endocrinologist in Mumbai. He is president of the All India Association of Advancement for Research in Obesity and vice president of the Association of Physicians of India.

Padma Shri and BC Roy awardee **Dr. KK Aggarwal** is an eminent name in cardiology. President of the Heart Care Foundation of India and editor-in-chief of the Indian Journal of Clinical Practice, Dr. Aggarwal has a keen interest in mind-body healing. He is a regular columnist and expert for both print and television networks.

Rekha Sharma is director of Clinical Nutrition and Dietetics at the Diabetes Foundation of India. This former chief dietician of the All India Institute of Medical Sciences in New Delhi has devoted several years of her life to the study of diabetes management.

Madhuri Ruia is a nutritionist and fitness expert in Mumbai. A certified pilates expert from the Pilates Institute of UK, she runs Integym, a state-of-the-art centre that promises 'intelligent fitness' to its clients.

Dr. DS Chadha is head of cardiology at the Command Hospital in Bengaluru. He has won dozens of awards, written several research papers in leading medical journals and chaired several national and international conferences on health issues.

Working Committee

Dr. Swati Bhardwaj is vice head at the Center for Nutrition and Metabolic Research and a nutritionist with the Diabetes Foundation (India) and National Diabetes Obesity and Cholesterol Foundation (N-DOC).

Shubhda Bhanot is a certified diabetes educator and a nutritionist with 14 years of experience in the field. A life time member of ADE (Association of Diabetes Educators), she is presently working as chief diabetes educator at Medanta, The Medicity, Gurgaon.

1 winner

Festive spread

Your Festive special food recipes proved useful. Sugar free mithais and watermelon recipes were particularly a treat for a foodie like me. Can we have Christmas special menu for the upcoming issue.

Gunjan, type1, Delhi

2

Information guaranteed

The last issue carrying Dr Amol Naikawadi's article 'Bitter sweet foe- Diabetes' and 'Lifestyle Matters' by Dr Rakesh Tandon were informational. We consume a lot of supplements in the name of health. Are they really as useful as they are made to be? Let me know.

Priyam Singh, type2, Patna

3

Fitness matters

Fitness apps vs. instructors was a good read. Every individual has his/her own way of following an exercise regime. Some go for the apps while some choose instructors. Please continue to carry a gadgets story.

Ujjwala S, type1, Mumbai

letters to the editor

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Dr. Subhash Kumar Wangnool
M.D. (Medicine), D.M.
(Endocrinology), F.R.C.P. (London)
Senior Consultant Endocrinologist
and Diabetologist



Q1

Are there any foods, such as candy, that we shouldn't let our child eat?

Ans. As of now, there is no food that a child with diabetes cannot eat, as long as it is scheduled into the meal plan. The parents should be explained in detail by the diabetes educators the concept of food exchange and calorie count. Do not go overboard with meal restrictions and do not be overtly liberal with indulgence.



Q2

What do we need to tell the school about managing our child's T1D away from home?

Ans. With increasing awareness, more and more schools are now open to accepting children with diabetes. They are having a certified/specialised diabetes nurse to take care of the children with type 1 diabetes including the assistance with insulin injection if need be. The schools should be told about doses of insulin, number of injections and the type of injection a child is taking. The school should be requested to allow for checking of the sugars by the child himself if he/she is proficient enough whenever they experience symptoms suggestive of hypoglycemia. Children with diabetes may bring their own snacks to school each day, or their parents may ask to keep a supply of snack foods at school. If schools are supplying the meals, parents may ask to see lunch menus ahead of time to help plan insulin dosages. A quick acting form of glucose, such as glucose tablets or juice should be maintained at school, day care, or wherever the child happens to be. It is important to know in advance about any special activities that will change the child's usual eating schedule. A schedule change can usually be dealt with by adjusting the child's meal plan or insulin dose. A child should be allowed to check the sugars before participating in the games or sports and to be given extra snacks if required. If possible, a medic alert bracelet should be worn by the child at all the times.

Q3

At what age is it safe for a child to take over his or her own daily T1D management?

Ans. There is no strict age limit at which children can take over the management of diabetes on their own. In fact, the child should be encouraged to understand the insulin administration and insulin dosage adjustment as soon as he/she is able to have an understanding of their condition. This goes a long way in making the child comfortable and in control of their diabetes. The parents or the caregivers/diabetes nurse (where available) should be available to guide the child during this phase.



Q4

Our child has always been afraid of getting shots. How can we best manage the insulin injections?

Ans. Try to understand a child's psyche who is already scared of so much attention being given by the whole lot of doctors, diabetes educators and the parents and immediate family and who's who. The key word is being gently persuasive. Preschoolers are often frightened by fingerpricks and insulin injections and may try to avoid or delay getting them. It may help to say: "Yes, I know it hurts" and "You're being very brave." Using stickers of their favourite characters and stars help encourage a child to have a fingerstick or shot. Use positive reinforcements rather than scolding or threats of punishment. And most of all, be understanding. 🙌

Our experts will be happy to help you. Send us your queries at diabeticliving@maxposure.in



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Chairman, Fortis-C-Diabetes Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology; Director, Centre of Internal Medicine (CIM), Fortis Hospital, Vasant Kunj, New Delhi; Chairman, National Diabetes, Obesity and Cholesterol Foundation (N-DOC); Director, Diabetes and Metabolic Diseases, Diabetes Foundation (India)



Q1

Do I need to take my medications even on days that I feel fine?

Ans: Sometimes when people with type 2 diabetes are first diagnosed, they are started on pills or insulin right away. If the person also does exercise and diet control, he or she might need lower dose of medication or might have to be stopped for a while. As long as the person is able to keep blood sugar levels normal with diet and exercise, there isn't a need for medicine.

However, type 2 diabetes changes over time. The change can be fast or slow, but it does change. Usually, however good is the control of diabetes, blood sugar increases over a period of time and with increasing age. In other words, even if a person was able to stop taking medicine for a while, he or she might need to start taking it again in the future. If a person is taking medicine to keep blood sugar normal, then it's important to keep taking it to lower the chances for heart disease and other health problems as given above.

Q2 Does having diabetes mean that I am at a higher risk for other medical problems?

Ans: Diabetes increases your risk of other serious health problems like diabetic eye disorders (Retinopathy), diabetic kidney disorders (Nephropathy), nerve damage (Neuropathy), complications of heart and large blood vessels like heart attack and stroke, and even cancers. With correct treatment and recommended lifestyle changes many people with diabetes are able to prevent or delay the onset of complications.

Q3 Does diabetes mean I have to stop eating the foods I like best?


Ans: A diabetes diet is simply a healthy eating plan that is high in nutrients, low in fat, and moderate in calories. It is a healthy diet for anyone. The only difference is that you need to pay more attention to some of your food choices, most notably the carbohydrates you eat. Your food will include more of healthy nutrients and less of unhealthy, and could be made very flexible according to your preferences.



educate yourself

and everyone around you about how to take care of diabetes and related complications

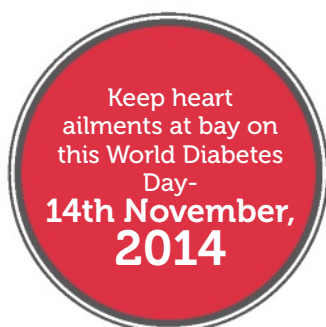
Q4 Should I start seeing other doctors regularly, such as an eye doctor?

Ans: Patients diagnosed with type2 diabetes should have a comprehensive check-up annually for early detection of diabetes-related complications. Based on the findings, the tests are repeated if needed and hence you will be referred to see a specialised doctor. For example an eye doctor should check your eyes at least once a year. If diabetes affects retina, and membrane essential for sight at the back of the eye, more frequent testing and treatment is necessary. Please note that eye testing in diabetes is not for glasses or for cataract, but for all segments of eye, especially retina (this is called fundus examination). 



heart and being healthy

Diabetes is a risk factor for cardiovascular disease. Diabetic Heart disease or DHD may include coronary heart disease, heart failure and/or diabetic cardiomyopathy



Research shows that an estimated 50 million patients of coronary artery disease are there in India. It has been further found out diabetes increases two to four times the likelihood of developing cardiovascular diseases. Cardiovascular disease is the leading cause of mortality for people with diabetes. "Diabetic heart disease" or DHD may include coronary heart disease (CHD), heart failure, and/or diabetic cardiomyopathy.

Reasons

Diabetes is a disease in which the body's blood glucose or sugar level becomes too high. Normally, the body breaks down food into glucose and hormone called insulin to turn it into the energy.

In type 1 diabetes, the body doesn't make enough insulin, which leads to higher body's blood sugar level. In type 2 diabetes, the body's cells don't use insulin properly, known as a condition called insulin resistance.

In Coronary Heart Disease or CHD, a waxy substance called plaque (plak) builds up inside the coronary arteries. Plaque narrows the coronary arteries and reduces blood flow to the heart muscle. The buildup of plaque also makes it more likely that blood clots will form in the arteries. Blood clots can partially or completely block blood flow. CHD can lead to chest pain or discomfort called angina, irregular heartbeats, a heart attack, or even death.

There are several other reasons also

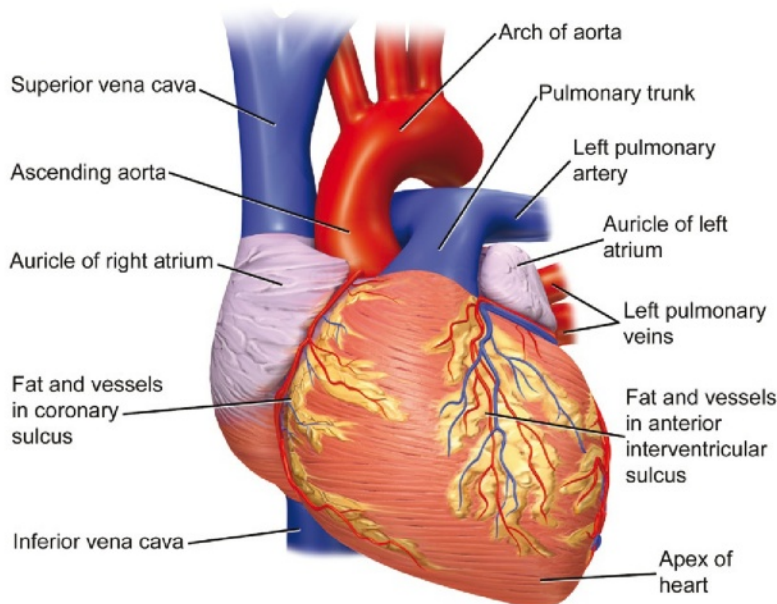
behind the increase of heart disease. However, one of the main reasons is changes in lifestyle in metropolitan cities and women are more susceptible to these changes and its consequences on health. Long working hours and taking help of smoking and drinking to deal with the stress of personal and professional life has become the main reason behind the heart ailments, especially in women.

This pressure can also lead to Hypertension, which is a silent killer as it does not cause symptoms until it causes complications such as heart attack and stroke. Hypertension is more than twice as common in people with diabetes as in people with normal blood glucose levels. It is spreading its wings in most effective ways as most people do not get to know about hypertension until it is too late. According to recent government data, hypertension is the leading NCD (non-communicable disease) risk and estimated to be attributable for nearly 10 percent of all deaths in India.

Hypertension is the other name of High blood pressure i.e. systolic blood pressure at or above 140 mmHg and/ or a diastolic blood pressure at or above 90 mmHg. The normal blood pressure reading is systolic 120 over diastolic 80. Hypertension strains the blood vessels of the body, causing them to clog or weaken. Physical inactivity is the root cause of every disease. It increases the risk of heart disease and stroke by 50%. Obesity is a major risk for cardiovascular disease and predisposes you to diabetes. Diabetes is a risk factor for cardiovascular disease.

Prevention

Controlling of blood glucose can reduce risk of a cardiovascular disease event by 42% and the risk of heart attack, stroke, or death from cardiovascular disease by 57%. Modifications in lifestyle are important to vent out the mounting pressure in everybody's life. There is too much stress in everyone's life these days that they must do at least half an hour yoga and meditation to de-stress themselves. Also, daily brisk walking is



*adult hypertension has risen from **5%** to between **20-40%** in urban areas and **12-17%** in rural areas over the past three decades*

the best medicine for a healthy heart. It lowers our sugar and cholesterol level, strengthens our heart and sharpens our mind. Losing weight and maintaining a healthy diet improve the diabetes status.

Women must avoid sedentary lifestyle and keep a regular check on their blood sugar and blood pressure level. Along with this, it is important to get the fasting lipid profile done. Women must also increase the calcium intake in their food.

Maintaining good hydration is also important. During summer, body loses lot of water. Replete the lost water by having plenty of fluids such as water, juice, coconut water, etc. We should have at least 10 glasses of water in a day.


Socialising and spending time with loved ones also have therapeutic effect on our health. Laugh a lot, it keeps you young! Laughter actually increases blood flow in the body. It releases a stress busting chemical that relaxes the arteries in your heart.

Role of food

Food plays an important role for keeping healthy heart. A diet high in saturated fat increases the risk of heart disease and stroke. It is estimated to cause about 31% of coronary heart disease and 11% of stroke worldwide. We need to make

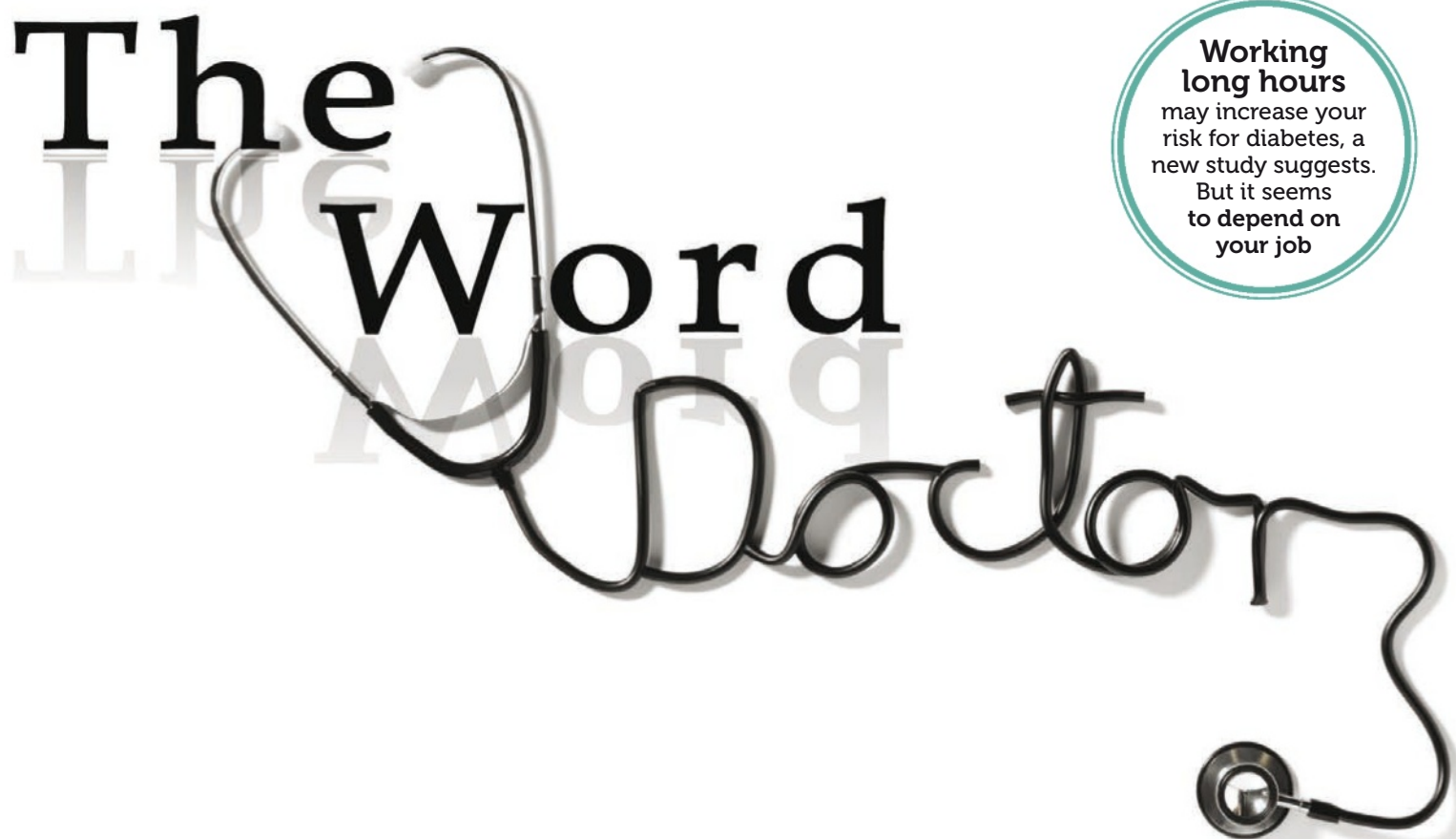
lot of changes in our daily diet chart. Our diet should comprise of dark leafy green vegetables and plenty of fruits. We can also include fresh fish in our diet since fish is also a good source of omega-3 fatty acids. It is also rich in other nutrients such as vitamin D and selenium, high in protein, and low in saturated fat. There is strong evidence that eating fish or taking fish oil is good for the heart and blood vessels. Red Meat should be avoided as it is very bad for heart. Eat lots of fresh fruits and vegetables, reduce salt intake, avoid fried and processed food and most importantly, controlling blood sugar for diabetes patient for a healthy heart.

Have colourful foods that are rich in heart-healthy antioxidants, such as pomegranates, tomatoes, and spinach. Their antioxidant properties help limit damage caused to your cells by free radicals and may also lower your risk for heart disease and stroke.

Cooking method is important. Olive oil should be used for cooking because it contains healthy fats that may improve the health of your coronary arteries. 

Dr Nambiar is Sr. Consultant, Cardio-thoracic surgery, Max Super Speciality Hospital & Moolchand Hospital

TETE-A-TETE WITH EXPERTS



Working long hours may increase your risk for diabetes, a new study suggests. But it seems to depend on your job

What the experts have to say

Specialists tell Diabetic Living India about the time it will take India to get rid of the tag 'Diabetes Capital of the World' and also the advancements made in Diabetes in the world in general and India in particular

Dr. Gerd Mueller, MD, co-founder and managing director of AktivOrtho, has done extensive research about muscle function in athletes and how that relates to their respective sport. For the last 12 years, he has specialised in non-surgical treatment, including sports medicine, rehabilitation and pain management. He is the co-editor of a German textbook on the lumbar spine.

01 IF YOU COULD TELL US A LITTLE BIT ABOUT YOURSELF?

I am passionately committed to raising the bar in India in the field of physical medicine and rehabilitation including orthopaedics, neurological, gynaecological as well as prevention, sports medicine and medical fitness. With seven successfully established centres in my home country, Germany, my goal is to apply the best of European standards, expertise and experience to the field of Indian physical rehabilitation medicine.

I have been trained as an orthopaedic surgeon; in addition to which, I gained a certified specialisation in manual therapy and sports medicine. After orthopaedic training, I was appointed as the Deputy Chairman of Hamburg's largest orthopaedic hospital. Post 15 years of surgical orthopaedic specialisation, including spine surgery (discectomies, spinal decompressions, fusions), arthroscopies (knee, shoulder, elbow, ankle) and joint replacements, I identified an increasingly prevalent need for effective rehabilitation and pain management and since then have devoted myself to the non-invasive treatment of primarily orthopaedic ailments.

02 WHAT IS YOUR AREA OF EXPERTISE/SPECIALISATION?

I have gained extensive experience previously as a surgeon but also in founding and running seven similar rehabilitation medicine centres



Dr Gerd Mueller

"EXERCISE 3-4 TIMES A WEEK"



According to a study presented at the National Diabetes Summit 2013, the number of diabetic individuals in India is expected to reach 101.2 million by 2030

in Germany since 2000. My specialty, Western standard knowledge and practice of conservative orthopaedic and neurological rehabilitation medicine makes us uniquely positioned to be able to lead, develop and implement quality standards of physical rehabilitation medicine here in India including the on-going training and education of our medical team.

03 HOW LONG DO YOU THINK IT WILL TAKE US TO GET RID OF THE TAG 'DIABETES CAPITAL OF THE WORLD'.

India is truly known as the diabetes capital of the world. According to a

study presented at the National Diabetes Summit 2013 the number of diabetic individuals in India is expected to reach 101.2 million by the year 2030. Reducing this statistic is a task for sure, but as they say nothing is impossible. If the medical fraternity educates people about healthy lifestyle interventions such as exercise and eating healthy, we can help diabetic people to control diabetes and prevent other people and also the pre-diabetics from developing the same disease. Diabetics under medication, definitely need to follow their doctor's instructions along with adopting healthy lifestyle changes. Furthermore, we need to educate the



International studies have shown that the rate of development of Type 2 diabetes is lower after lifestyle intervention compared with medication only

general population especially children about the importance of eating healthily and exercising sensibly in order to prevent this epidemic from developing even more.

04 ANY SPECIFIC CASE THAT HAS PROVED TO BE A TURNAROUND EVENT IN YOUR LIFE?

One patient comes to my mind, who had subsequent to a car accident in childhood developed a leg length discrepancy of 17 centimetres. Despite this severe impairment he had managed his high school and became an engineer without major problems. When I saw him first, he was off work for 6 months, not to a leg related problem, but a relatively simple back pain due to a disc protrusion. Due to wrong (medical) information and advice he was afraid of using his back, leading to this long disability, which ultimately may have compromised his

whole career. When I gave him the proper information and brought him on the right path, he was back at work two days later. I realised, how important it is to talk to the patients, take the time and give them adequate information that really help them to deal with their medical issues.

05 WHAT HAS BEEN THE ADVANCEMENTS MADE IN THE FIELD OF DIABETES IN THE WORLD IN GENERAL AND INDIA IN PARTICULAR?

Throughout the world, a lot of advancements have been made in the field of diabetes, both in the pharmaceutical area as well as in encouraging lifestyle interventions. Indians have started taking care of their medications i.e., having them as prescribed by their doctors, but now they are also becoming aware about the health benefits of lifestyle

interventions. They are understanding that the best way to control diabetes is through diet and exercise. It has been observed that though exercise is valuable for all, it exerts additional, beneficial effects on the prevention of type 2 diabetes by improvement in skeletal muscle insulin sensitivity. Insulin sensitivity generally improves for 24 to 48 hours after the last bout of exercise. Therefore, it is recommended that exercise be performed 3-4 times a week specifically for type 2 diabetics.

At AktivOrtho, we encourage people to adopt good lifestyle habits- such as exercising regularly under medical supervision and eating sensibly. In fact, we have the license for metabolic balance R- an individualised nutrition programme from Europe. This programme focuses on regulating the insulin response of the body by recommending the correct balance of macro-nutrients based on the person's blood analysis, medical history and food preferences.

06 WORDS OF WISDOM OR ADVICE FOR THE READERS

Diabetes is not a curable disease but it definitely can be controlled and prevented. People who have diabetes should take good care by not only taking their medication on time but also making sure to lead a routine life by, for example, including a daily morning walk and avoiding high sugar content foods. Exercising is a must. Drink lots of water and stay fit with a healthy and balanced diet.

Regular exercise is considered to play a key role in the management of type 2 diabetes as it improves insulin sensitivity and blood glucose control in diabetic patients. Furthermore, regular exercise offers a number of additional benefits such as improved body composition with increased skeletal mass and decreased fat mass, improved blood pressure and lipid profile as well as increased physical capacity and overall well-being.



INSULIN SYSTEM



Scientists are making progress with an implantable capsule that continuously produces insulin and releases it to the bloodstream

medication and in technology that have made it possible for people with diabetes to live long and good quality life. New developments include:

A. INSULIN

Implantable insulin pumps

Researchers are working hard to develop an implantable insulin pump that can measure blood sugar levels and deliver the exact amount of insulin needed. Scientists are making progress with an implantable capsule that continuously produces insulin and releases it to the bloodstream.

Insulin inhalers

These inhalers are about the size of a flashlight and uses rapid-acting insulin. The sprayed insulin is inhaled into the mouth and coats the mouth, throat and tongue. The insulin passes quickly into the bloodstream.

New Insulin

In the past year, three new formulations of insulin have become available which have been designed to offer the advantages of simpler regimens and better glucose control for people whose diabetes must be treated with insulin. All are human insulin analogs derived from recombinant DNA technology for rapid and efficient action.

B. MONITORING

Pain Free Glucose Tests

The system allows patients to monitor their blood sugar without the pain of sticking their fingers to get blood samples. It uses a unique disposable test strip to obtain blood samples from the forearm, thigh or upper arm, areas that have fewer nerve endings so it doesn't hurt as much as a finger stick.

Continuous Monitoring Device

A wristwatch-like device that provides

Dr. Aditi Bhatia is Department In-Charge (Physiotherapy) at A.N.H. (formerly Ashok Nursing Home) Multispeciality Hospital, Krishna Nagar, Delhi. She specialises in orthopaedic physiotherapy and management of lifestyle diseases by physiotherapy.



01 IF YOU COULD TELL US A LITTLE BIT ABOUT YOURSELF?

I run my clinics in Vasundhara Enclave, Delhi undertaking Orthopaedic, Sports, Gynaecological and Neurological Physiotherapy with electrotherapeutic and manual therapy techniques.

I am also working as a guest faculty lecturer in a Paramedical Institute, teaching medical subjects and as a visiting Consultant Physiotherapist in JHL Gym, Sarita Vihar.

I have also got my research article published in an International Journal.

I attend various workshops,

seminars, and conferences to upgrade my skill and enhance my knowledge.



02 WHAT IS YOUR AREA OF EXPERTISE/ SPECIALISATION?

My area of specialisation is orthopaedic physiotherapy and I also have an expertise in management of lifestyle disorders. I prescribe safe and effective exercises for lifestyle disorders keeping in view the orthopaedic (musculoskeletal) complications associated which may prove detrimental later. I prescribe exercise regimens, which help improve function and improve quality of living.



03 WHAT HAS BEEN THE ADVANCEMENTS MADE IN THE FIELD OF DIABETES IN THE WORLD IN GENERAL AND INDIA IN PARTICULAR?

There have many new advances in



A proper exercise regimen can create a great deal of difference

05 HOW LONG DO YOU THINK IT WILL TAKE US TO GET RID OF THE TAG "DIABETES CAPITAL OF THE WORLD".

India accounts for the largest number of people suffering from diabetes in the world, followed by China. India continues to be the 'diabetes capital' of the world, and by 2030, nearly 9 per cent of the country's population is likely to be affected from the disease. This trend can continue till the next 10 years unless significant efforts are made to curb this disease. Diabetes leads to not only long-term expenditure but also to piling up of complications.

06 ANY MESSAGE (WORDS OF WISDOM) YOU WOULD WANT TO SHARE WITH THE READERS FOR THEIR BENEFIT?

Exercise plays an important role in both the prevention and management of diabetes because it lowers blood sugar and helps insulin work more efficiently in the body. Exercise also enhances cardiovascular fitness by improving blood flow and increasing the heart's pumping power, promoting weight loss and lowering blood pressure. However, exercise has the most value when it is done regularly - at least 3 - 4 sessions per week for 30 - 60 minutes per session.

Exercises can:

- help with weight loss
- lower bad cholesterol and raise good cholesterol
- help maintain muscle mass and reduce fat
- lower blood pressure
- lower stress levels
- reduce the need for insulin or drugs
- reduce risk of cardiovascular disease

more information for managing diabetes. It is intended for use along with, not as a replacement for, fingerstick blood tests to monitor glucose, in order to ensure accurate results.

The device is available only by prescription to detect trends and track patterns in glucose levels throughout activity or at rest.

C. STEM CELL THERAPY

A fetal stem cell transplantation-based method (excluding pancreatic beta-cells) for diabetes treatment. This method has proven to be effective for diabetes types I and II treatment and is protected by patents of many

countries. Stem cell treatment of diabetes results in pronounced hypoglycemic effect, i.e., decrease of blood sugar level, allowing to reduce the dose of exogenous insulin by 50-70%. Diabetes treatment with fetal stem cells induces long-term clinical remission in more than half of cases.

04 ANY SPECIFIC CASE THAT HAS PROVED TO BE A TURNAROUND EVENT IN YOUR LIFE?

Mrs. Premalata aged 57 was suffering from type 2 diabetes since 17 years and was on insulin injections for 10 years. She started with an exercise regimen and within 6 weeks, her blood

sugar levels came down and she was put on oral glycemic control pills. In her case it was just like a miracle to cut down on blood sugar so soon as her condition was quite chronic. But a proper exercise regimen can create a great deal of difference.



MED Health Card & MedHealthstore.com launched

Medhealth Cliniq - A unit of RTS Rural Technologies Solutions has launched Medhealth Card & Medhealth Store, two unique programmes for people seeking long-term benefits to their health.

While *MedHealthstore.com*, a wellness product e-commerce website will provide nutritional items, health monitoring items, gym equipments & various personal care products of different brands. The MedHealth cards will provide free OPD services, discounted health check-ups and upto 25% discount at clinics, diagnostic centres, health clubs, gymnasiums & spas among other benefits. "We seek to become a one stop solution for all health care products and services. And to provide this seamlessly, we have tied up with over 150 clinics, 150 hospitals, 120 diagnostic centres, 200 pharmacies, 50 Spas & Gymnasiums" said Dr. Sudhir Kumar, CEO, MedHealth Cliniq. Some of the providers include Kairali Ayurveda group, Apollo pharmacies, Max Hospitals, Fortis Hospitals, Thyrocare, etc., MedHealth cards are available to suit each and every requirement and are therefore available in silver, gold, diamond and platinum categories. Taking the resolution of medical queries to an even more personalised level, the MedHealth cards have a mobile application providing live health chat for health-related queries and for medical opinions. The MedHealth card will also provide a medical opinion of a specialist. The MedHealth card also helps in providing a comprehensive health profiling and assessment of one's medical condition backed up with periodic alerts on health risk. 

Colour Healing Crystal
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DIABETES and alternate **healing**

Let's try and understand the
alternate healing methods for
Diabetes to find more natural
cures or controls





ACCORDING TO THE WORLD HEALTH ORGANISATION, (THE WHO),

According to the World Health Organisation, (the WHO), (http://www.who.int/diabetes/facts/world_figures/en/), worldwide prevalence of diabetes was 171,000,000 in the year 2000 and it's going to be 366,000,000 in the year 2030. That is a rather radical increase and a very scary one as well. A lot of people afflicted with Diabetes are also moving towards alternate healing methods to find more natural cures or controls. The beauty of alternate healing is that no matter what type of Diabetes you have, the healing is universal.

I have done extensive research on varied alternate methods and how they can be used for different diseases, which is reflected in my book, 'The Alternate Healing Compendium'. The book is in two parts: Part A explains the *chakras*, their impact on the body, the mind-body correlation and varied alternate methods and Part B of the book concerns the ailments and what alternate methods can be used to heal the ailments and also details how to apply a particular method. All alternate methods can be used while one is undergoing mainstream treatment. They can be applied singly or in tandem with other methods. All alternate methods work well and in harmony with each other.

The 7 *chakras* are the energy centres of our body. It is through them that we absorb the life giving positive energy from the universe and also remove the negative energies. The *chakras* impact the body through the Endocrine System. Each *chakra* controls different areas and organs of the body. A healing can be put into place either by healing the *chakra* or by healing the affected body part.

The main *chakra* affected in diabetes is the solar plexus *chakra*, which effects the pancreas. Some of the alternate methods that can be used are:

I am going to detail a few of the healing modalities and how they can be used. For all the methods, refer to 'The Alternate Healing Compendium'.

MUDRAS

The mudra to use is Apan Mudra. DIRECTIONS FOR USE:

Mudras can be performed with either or both hands.

A *mudra* should be held for a minimum of 15 minutes once a day. For serious cases it should be repeated at least 3 times a day. If using the *mudra* as a SOS, it can be performed more frequently.

Mudras can be performed anytime and anywhere. However, for a faster and more effective healing, it is advisable to sit and concentrate on your breathing while holding the hand position.

APAN MUDRA:

Join the tips of the thumb, middle, and ring together extend the other fingers. This *mudra* works very well for removal of waste materials and toxins from the body while eliminating urinary problems. The *Apan Mudra* also heals the liver and gall bladder. A well functioning liver results in mental balance, patience, serenity, confidence and harmony. This *mudra* also regulates menstruation, piles, diabetes, kidney problems and above all easy delivery. However, it should not be done before completion of eight months of pregnancy.



CRYSTAL HEALING

The crystals that work very well with Diabetes are Citrine and Jade.

Directions for use:

- Before and after every application the crystal must be cleaned.
- The methods to clean a crystal are:
- Wash the crystal under running water and as you wash it, visualise all impurities being washed away.
- Place the crystal in the sunlight, moonlight, wind or rain for a few hours. The natural elements work as amazing cleansers.
- Programmed crystals work a little more effectively than non-programmed ones. Energise or programme the crystal by holding it in the palm of your hand and visualising the healing you want it to perform. For example if you want to use it for cancer of the liver, hold the crystal in your palm (after cleaning it) and visualise that the energy from the crystal is going into the cancer cells to heal them, when it is placed.
- Though crystals are best placed directly on the skin, they can also be placed on the clothes.
- Keep the crystals for 15 minutes for

the first time and for 30 – 45 minutes each subsequent session.

- Drink a lot of water after each session to flush out all the toxins released.
- Wear loose, comfortable natural fibre clothes. Neutral colours would be better if you are placing the crystals over the clothes.
- Method (Follow the directions listed above before starting a healing):
- Body outline: On a piece of paper write your name and draw a body outline. By writing your name you are transferring the intent to heal, as well as the energy of your name, on to the paper. Thus the paper becomes an extension of you. Mark the solar plexus *chakra* and the pancreas. Clean and programme the crystal and place it on the both the *chakra* as well as the pancreas. For this method programming the crystal is very important as once again you are transferring the intent to heal. Re-clean and re-programme the crystal once in 24 hours.
- Crystal water: Clean and programme your crystal and put it a glass of water (preferably mineral). Leave for 30 minutes to an hour. Drink a tablespoon of the water 3 times a day.

AROMATHERAPY


Oils to be used for diabetes include:

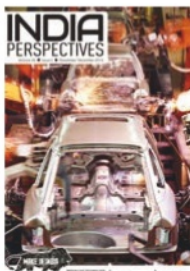
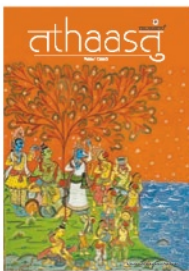
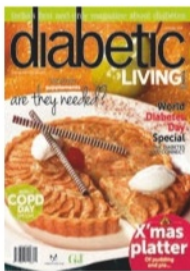
- Cinnamon
- Basil
- Cypress
- Coriander

Directions for use:

- Aromatherapy oils should never be ingested.
- Always do a skin test: Before applying the oil, dab a drop of the oil on your arm and keep for a few hours to make sure you are not reacting to the oil.
- For massage: Blend the essential oil/s with the carrier oil (i.e. almond, jojoba or apricot) in the ratio of 2 tablespoons of the carrier oil to 6 – 8 drops of the essential oil.

Method:

- Vapour from oil burners: You can add any one of the oils to an oil diffuser and allow the vapours to be absorbed by your skin and body.
- Massage: Gently massage the pancreas area using any one of the essential oils blended together with carrier oil (as suggested in the point 3-For Massage above). 



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preventing hepatitis: the steps to take

Hepatitis is an inflammation of the liver. There are five main hepatitis viruses, referred to as types A, B, C, D and E, and is of concern due to illness or death they cause and the potential for outbreaks and epidemic spread

The word Hepatitis is a catch-all term that refers to any inflammation of the liver - the irritation or swelling of liver cells from any cause. It can be caused by a group of viruses known as the hepatitis viruses, including A, B, C, D, and E.

Although their effects on the liver and the symptoms they produce can be similar, the various forms of hepatitis are contracted in different ways. In the case of Viral Hepatitis, the

severity and duration of the disease are determined by virus that caused it.

There are vaccines available to prevent Hepatitis A and B. The Hepatitis A vaccine is not approved for children less than one year of age. Immunity is achieved in greater than 95% of children and young adults receiving the three-dose recombinant virus vaccine. Vaccination within 24 hours of birth can prevent transmission from an infected mother.

Adults over 40 years of age have decreased immune response to the vaccine.

The WHO recommends vaccination of all children, particularly newborns in countries where Hepatitis B is common to prevent transmission from the mother to child. I would like to share a few preventive measure to keep hepatitis at bay.

STEPS TO PREVENT HEPATITIS A:

- Wash your hands with soap after going to the toilet
- Having food that has just been cooked
- Drinking boiled water or commercially bottled water if you're unsure of local sanitation
- Having fruits that you can peel if you are somewhere where sanitation is unreliable
- Having raw vegetables if you are sure they have been cleaned/disinfected thoroughly
- Get a vaccine for Hepatitis A if you travel to places where Hepatitis may be endemic



Steps to prevent Hepatitis C:

- Do not share toothbrushes, razors, or manicure instruments
- Cover your open wounds if you are infected
- Go easy on the alcohol
- Do not share drug equipment
- If your skin is to be pierced, make sure equipment is well sterilised (tattoo, etc.)



Steps to prevent Hepatitis B:

- Practice safe sex
- Inform your partner if you are a carrier or try to find out whether he/she is a carrier
- Using clean syringes that have not been used by anyone else
- Do not share toothbrushes, razors, or manicure instruments
- Have a Hepatitis B series of shots if you are at risk
- Be sure before doing any type of skin perforating (tattoo, piercing, etc.) that the equipments are well sterilised

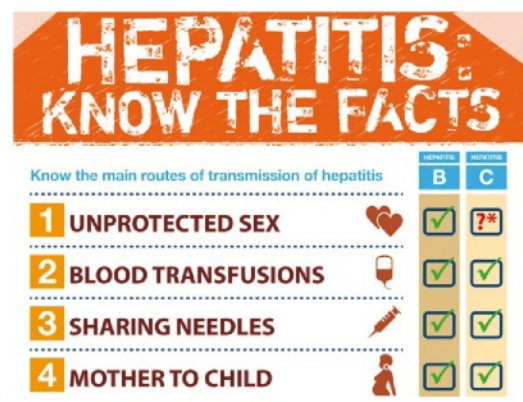
STEPS TO PREVENT HEPATITIS D:

- Use the same guidelines as for Hepatitis B. Only a person who is infected with Hepatitis B can become infected with Hepatitis D

STEPS TO PREVENT HEPATITIS E:

- Do the same as you would to protect yourself from Hepatitis A infection

||| The writer is Gastroenterologist at Sterling Wockhardt Hospital, Vashi



don't sweat



Dr.G.B.Sattur

the small stuff



With increased levels of stress and anxiety afflicting lives of the urban populace, diabetes is increasingly creeping into the lives of the people. Let us try and understand the same in the light of World Diabetes Day which falls on November 14

India is currently experiencing an epidemic of diabetes mellitus. In order to understand the true extent of the problem and its impact on diabetes care, there is a need to review the epidemiology of diabetes from different regions of India. Environmental and lifestyle changes resulting from industrialisation and migration to urban environment from rural settings may be responsible to a large extent, for this epidemic of Type 2 diabetes in Indians.

In addition, given the number of people with Type 2 diabetes in our country, the morbidity due complications associated with it would still be very high. Thus, effective preventive programmes need to be urgently implemented to stem the tide.

Diabetes and Stress

Stress has been proven to impact blood sugar levels. Stress, whether physical or mental, can instigate changes in blood sugar levels, which for people with

diabetes can be problematic. While stress can affect diabetes control, both directly and indirectly, it can also be caused by various diabetic factors such as being diagnosed with diabetes, adjusting to a diabetes treatment regimen, or dealing with psychosocial pressures of the disease.

How does stress affect diabetes?

It is widely recognised that people

changing
diabetes™

changing the future of diabetes



DIABETES IN URBAN INDIA

India is facing an epidemic of diabetes; with a higher prevalence in urban India approximately double that of rural India. The prevalence of diabetes and pre-diabetes is not only high but increasing steadily in urban India.

■ A 6-fold higher prevalence of diabetes in the urban population compared to rural (12% vs 2%) with periurbans or suburbans having intermediate rates (6%) have been reported from South India.¹ Other studies show an even higher prevalence of 14% for diabetes and 11% for prediabetes.²

■ The prevalence of prediabetes was uniform in all 3 groups (7%). The periurban population was largely sedentary.¹ Sedentary lifestyle appears to be an important determinant for the higher prevalence of diabetes in an urbanising population.

■ The self-reported prevalence of diabetes is much lower 3% in rural India and 7% in urban India. This large discrepancy between measured and self reported diabetes suggest a high burden of undiagnosed diabetes.

■ Urban residence, abdominal obesity and physical inactivity are the risk factors associated with diabetes in most of the studies.

■ The epidemic of diabetes and CAD is now spreading to the middle- and lower-income groups in India.

■ Obesity is common among urban children and adults and is inversely related to physical activity and directly related to socioeconomic status.

■ The urban poor in the developing world has a lower prevalence of diabetes than the urban poor in developed societies. However, the former have higher rates of complications of diabetes.

■ The prevalence of diabetes is high among urban Indians and is comparable with the high prevalence seen in the Indian Diasporas. The prevalence is as high as 21% in those >40 years of age and 41% in those 55-64 years of age.

■ In people with normal glucose tolerance (NGT), the incidence of diabetes is also very high 20 per 1000 person-years for diabetes and 13 per 1000 person-years for pre-diabetes. People with pre-diabetes had the highest incidence of diabetes (65 per 1000 person years).

Sources

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■ Mohan V, Deepa M, Deepa R, et al. Secular trends in the prevalence of diabetes and impaired glucose tolerance in urban South India—the Chennai Urban Rural Epidemiology Study (CURES-17). *Diabetologia.* Jun 2006;49(6):1175-1178.)



with diabetes are regularly stressed and more likely to have poor blood glucose control. One of the reasons for this is that stress hormones such as cortisol increase the amount of sugar in our blood. High levels of cortisol can lead to conditions such as 'Cushing's syndrome', which is one of the lesser known causes of diabetes.

Constant stress and frustration caused by long-term problems with blood glucose regulation can also wear people down and cause them to

neglect their diabetes care.

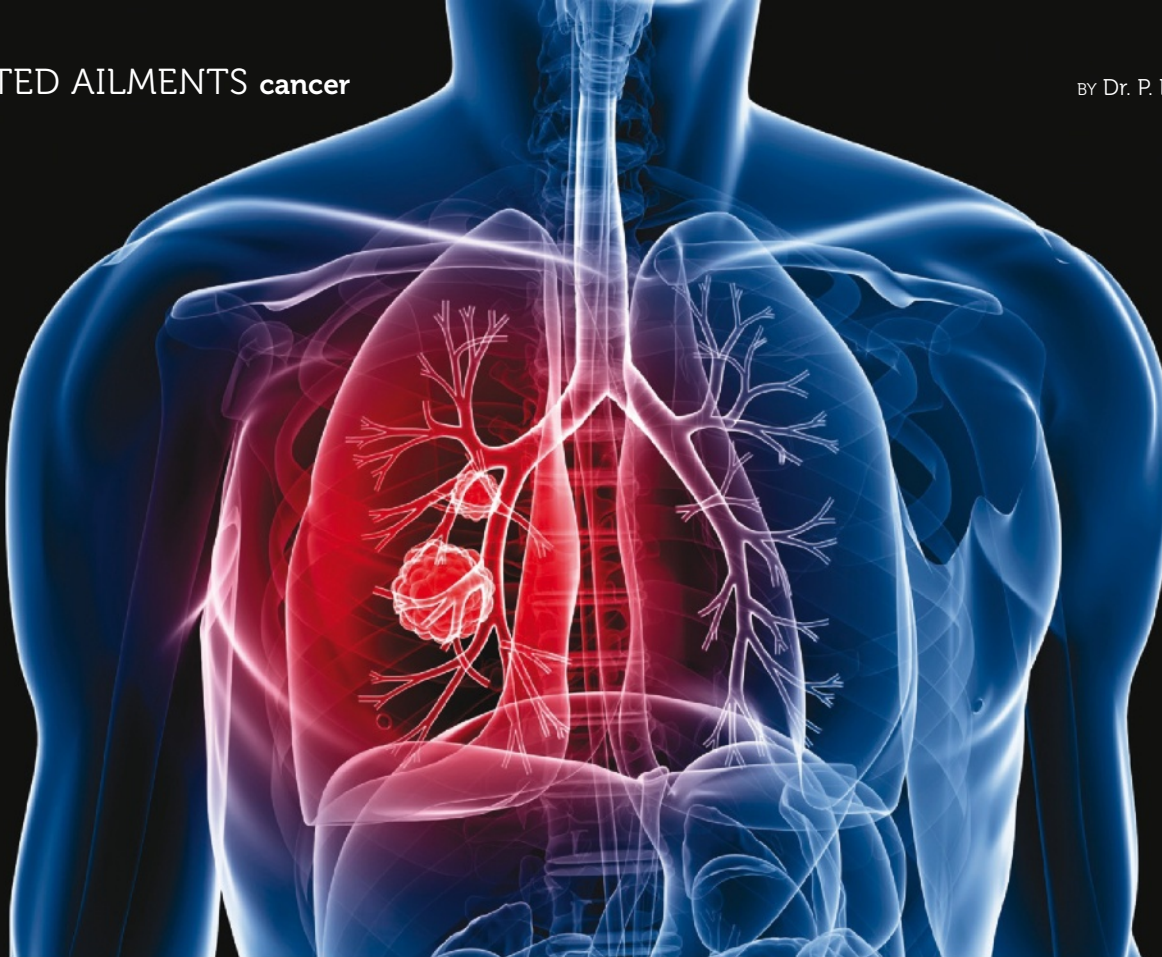
For example, they may start to ignore their blood sugar levels or simply forget to check them, or they may adopt poor lifestyle habits, such as exercising less, eating more junk, processed foods, drinking more alcohol and smoking. This is known as diabetes burnout.

While stress alters blood sugar levels, the extent of its impact varies from person to person. Studies into the effects of stress on glucose levels in humans have shown that mental or

psychological stress causes a rise in glucose levels in people with type 2 diabetes and in most type 1 diabetics, although levels can drop in some individuals with type 1.

Physical stress, such as illness or injury, almost causes blood sugar levels to elevate in people with either type of diabetes.⁴¹

Dr.G.B.SATTUR MD,MRCP (UK),FICC.
Cardio Diabetologist.



the cancer connection

Recent advances in cancer treatment and precision medicine

Cancer is not only an important health problem in developed countries, but in a developing country like ours also, it is a major health problem. It is predicted that there is going to be fivefold increase in the number of cancer patients in India by 2025. This is because of a change in our dietary habits, lifestyle, environmental pollution and increasing life span. Surgery, Radiation and Hormonal therapy are old but effective anti-cancer therapies.

Surgery which involves removal of primary tumor and associated regional lymph nodes cures more patients than any other individual form of cancer therapy because it works on zero order kinetics in which

100% excised cancer cells die. After the introduction of radiation oncology in 1920 and anti-cancer chemotherapy in 1940, shift has taken place from radical surgery to less radical/conservative surgery.

Radiotherapy and chemotherapy are capable of destroying only a fraction of cancer cells with each treatment and are thus complementary to each other. Considerable improvement in operative and anesthesia technique has increased the 5-year survival rates in colorectal liver metastases. Radiotherapy is used in various cancers involving rectum, esophagus, breast etc., alone or in combination

with surgery pre or post-operative and or with chemotherapy. Chemotherapy may be used before, during or after radiation therapy. Hormones are being used with good response in Breast and Prostate cancer. Two thirds of cancer patients have been able to defeat their disease by use of these combined modalities of treatment mentioned above. With advent of robotic surgery and gamma knife the results are further improving.

Immunotherapy: Cell based immunotherapy is used for carcinoma prostate, antibody based as targeted therapy for colorectal cancer, cytokine based Interleukin 2 and Interleukin alpha in renal cell

Cancers Linked to Diabetes

People with diabetes experience a higher prevalence of these cancers:

- Bladder
- Breast+ (postmenopausal)
- Colorectal
- Endometrial+ (the lining of the uterus)
- Liver
- Pancreatic++

+In women

++Thought to be a risk factor for diabetes

Screenings

Early detection and treatment is your best defense against cancer.

Make sure your health care providers know your cancer risk factors as well as your family's cancer history. Know what cancer screenings you should have, at what age, and how often. Put reminders on your calendar.

carcinoma and malignant melanoma

Vaccination for prevention of cancer cervix by using HPV vaccination in girls between ages of 9-12 years is in practice in India. Therapeutic vaccination against carcinoma prostate and melanoma is already approved by FDA. Vitamin A and its synthetic derivatives have shown to have protective effect against development of second cancer in head and neck cancers. It has also been shown to protect against development of non-melanoma tumors in Xeroderma pigmentosa. Its use in treatment of Neuroblastoma and Breast carcinoma is under trial.

Targeted therapy:


For almost a century cytotoxic drugs have been in use but the problem with them has been life threatening levels of toxicity, if maximum tolerated dose is exceeded. It is well established that tumours need some

factors for their growth and proliferation. Thus the role of targeted role of antiHER2 in Her-2 positive metastatic breast cancer has been established in improving progression free survival. Similarly Anti EGFR targeted therapy is used in EGFR+ colorectal tumors metastatic or otherwise. Similar benefit has been found in Squamous cell carcinoma of oropharynx or larynx. Some inhibitors have been used for epigenetic therapy of cancer. Newer drugs have been tried to inhibit angiogenic vasculature so that tumour spread is inhibited as in case of metastatic colorectal cancer, renal cancer, and breast and central nervous system tumors. Delivery systems like use of nanoparticles both degradable and nondegradable are also under trial to improve response rate.

Virotherapy: Use of oncolytic viruses to grow in tumor

cells is under trial. The viruses will target tumor cells destroying them at the same time spare normal cells.

Precision Medicine:

It is now well understood that cancer is a disease of genome. The more we learn about tumours, the more we find that each tumour has its own set of genetic changes. Understanding them better will make it possible in future to tailor make the treatment of each cancer patient. One can envisage a future in which we will be able to cross-reference an individual's personal history and biology with patterns found worldwide and use the network of knowledge to pinpoint and deliver care that is preventive, targeted, timely and effective. This is what is referred to as precision medicine. Genomic information has already borne the fruits by development of drugs for breast and colon cancer. Many more drugs are likely to follow. 



diabetes and hearing loss

Let us understand what are the types of hearing loss, what are the signs and symptoms, how do we diagnose the same and last but not the least the preventive or management strategy for hearing loss

There are many varying degrees and causes of hearing loss. In general, hearing loss is categorised into three basic types depending upon the area of the ear or auditory system that is damaged.

Conductive hearing loss

This type is due to a mechanical problem along the route that sound from the environment [also known as stimulus] travels to the inner ear. This could be due to an obstruction in the canal [wax or foreign body]; disruption of tympanic membrane [ear drum] like a perforation; fluid in the middle ear; lack of continuity of the chain of 3 bones called ossicles [malleus-incus-stapes shaped like a hammer-anvil-stirrup respectively]. The good thing is

that Conductive Hearing Loss is most often reversible.

Sensorineural hearing loss

This type occurs when the inner ear, cochlea or nerve itself is not functioning properly. It can also be caused when hair like projections called cilia which normally transmit sound, are damaged. This is commonly caused by drugs (streptomycin), birth trauma, acoustic trauma, head injury or as part of a hereditary syndrome. Sensorineural hearing loss is rarely curable.

Mixed hearing loss

Combination of the above two types; seen with comorbidity - fluid in middle ear, causing



conductive loss, in an elderly type 2 diabetic patient.

Diagnosing hearing loss

Hearing loss can be picked up by a family physician, but for diagnosis and treatment \management\ surveillance consultation with ENT specialist is essential. The diagnostic tests will be conducted by an Audiologist, who specialises in evaluation of hearing and speech disorders.

Your ENT will take a detailed history. A physical examination will be conducted using an Otoscope to visualise the ear and a set of Tuning forks to clinically assess the type and severity of deafness.

The Audiologist will conduct a test known as Pure Tone Audiogram - a graph which can be used to detect hearing loss and mark progression as well as response to treatment being instituted. It is a simple, non-invasive test with very good predictability when administered by an expert Audiologist. Audiometry reports must be stored in a file as the consecutive reports will use the old ones for comparison

The test is performed in a quiet soundproof room. A pair of headphones are placed which deliver a variety of tones in different frequencies. The patient's response is plotted on a graph.

Based on the frequency involved, Sensorineural Hearing Loss is classified as low\mid \high frequency. As the cause varies with the frequency involved, this serves as a pointer to the diagnosis and serves as a prognostic indicator.

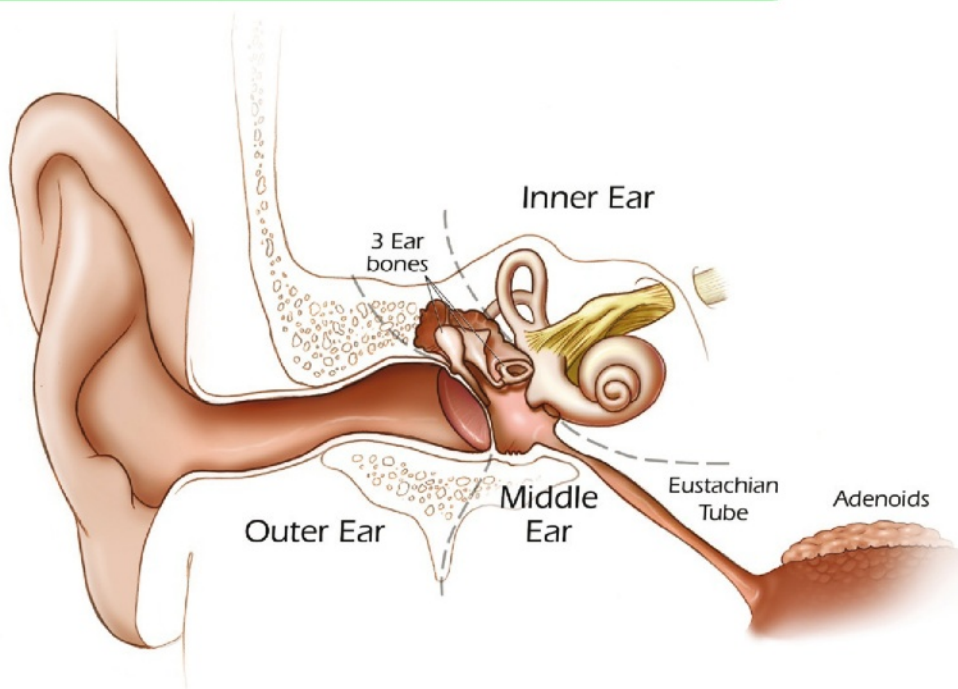
Impedance Audiometry is a variant used to detect middle ear pathology. It measures the pressure in the middle ear. In this test, a slim probe is inserted in the ear canal and the computer gives a printout which is analysed by the audiologist\ENT.

Audiometry is a simple, painless, non-invasive economical test which provides a wealth of information for the management of hearing loss. It must be done when advised –not discarded as being superfluous or unnecessary

Diagnosis

The hearing loss has a very gradual onset and progression and often tends to be ignored or dismissed as a part of ageing. The truth is that both children and adults can experience it at any time. It is advisable that any difficulty in hearing should not be ignored or postponed for later diagnosis. The person should immediately consult with an ENT specialist who will evaluate and diagnose on the basis of questions around the following broad areas:

- Family history
- History of Diabetes
- History of exposure to loud sounds-occupational\recreational
- History of discharge from ears refractory to treatment\or of long standing origin
- Buzzing in ears
- Complaints of difficulty in understanding spoken speech\ telephonic conversation

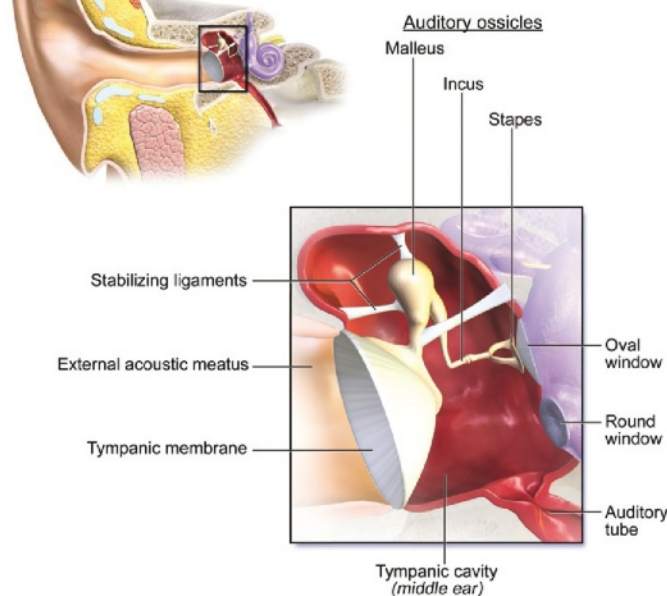


SIGNS AND SYMPTOMS

Hearing loss that is a resultant over age often manifests itself as symptoms like:

- * Person requires high volume of television
- * Failure to respond when called\asked question
- * Conversation difficult, especially in noisy environment
- * Buzzing\ringing sound in ear
- * Frequently asking for repeat conversation
- * Withdrawal from social activities\depression

The Middle Ear



In diabetics the **high blood sugar** damages the small blood vessels, causing the end organ to **degenerate** leading to pathological changes

Diabetes and hearing loss

Studies have confirmed that there is a link between diabetes and sensorineural hearing loss. It has been found that sensorineural hearing loss is twice as common in adults with diabetes. The Pure Tone Audiometry procedure shows a high frequency hearing loss. Pre-diabetics show 30% higher rate of sensorineural hearing loss as compared to normal adults.

Pathogenesis of hearing loss in diabetes

It is a well known fact that diabetes affects the kidneys, eyes and peripheral nerves. The postulated mechanism

is as follows: Under normal circumstances nerves are resilient to injury and regenerate. In diabetics, the high blood sugar damages the microvasculature i.e., small blood vessels, causing the end organ to degenerate leading to pathological changes. It also renders the nerves fragile and reduces the capacity to regenerate leading to neuropathy.

In hearing loss, the process follows the below route:

1. Micro-angiopathy (as explained above) of the blood vessels of the inner ear causes thickening of the capillaries; loss of hair cells and thickening of basilar membrane in the cochlea.

Preventive\management strategy

- Annual check up\Audiometric Screening
- Stringent control of blood glucose
- Maintenance of weight with regular exercise. According to latest research by American Diabetes Association, exercise related weight loss temporarily slows down neuropathy and increases regeneration potential of nerves. Please refer to the website of the Association for guidelines.

- Management of comorbidity like hypertension
- Avoid acoustic trauma – long term use of headphones which accelerate hearing loss
- In case of occupational exposure to noise like factory workers - use of protective ear muffs is advised at all times, even before hearing loss has set in
- In case of other ear symptoms- esp. ear discharge\otalgia – immediate consultation with ENT is advised

- Antioxidant\Vitamins B1\B6\B12 therapy under medical supervision to maintain health of nerves
- Use of high resolution, digital hearing aids to counteract the disability should be insisted upon with support from family members and technical staff. Hearing aids take a few weeks to adjust to (unlike spectacles) and the individual must receive emotional support from the family at this time.



2. Neuropathy of acoustic nerve occurs

3. In addition due to oxidative stress that is prevalent in diabetics, further perpetuates the neuropathy. This has lead to the institution of antioxidants – esp. vitamin C and E in high doses in sensorineural hearing loss to promote nerve integrity

In addition to the above, extensive research is being done in the field, to understand the genetic factors of hearing loss as a syndrome viz. Maternally Inherited Diabetes and Deafness –MIDD (Ballenger Wallace Syndrome), prevalent amongst the Japanese populace. MIDD results in high frequency hearing loss in diabetic adults.

The interesting point here is that whilst most research is done on Type 2 diabetes, Type 1 diabetes (insulin dependent) also shows high frequency hearing loss, but there has been no findings to establish any co-relation. In other words, there is no influence on hearing threshold of duration of disease\insulin dosage\family history.

A special mention must be made about infective conditions commonly seen in diabetic patients that also cause hearing loss.

Fungal infections of the ear called Otomycosis are more common in diabetic people as compared to non-diabetic individuals due to reduced cellular immunity. They cause itching, discharge from ear, blocked sensation in ear, impaired hearing and pain. Caused by *Candida Albicans* or *Aspergillus*, they need immediate attention. Treatments include a thorough cleaning of debris from canal and application of topical antifungal agents for 3 weeks; symptomatic treatment; control of blood sugar.

Malignant Otitis Externa is an infection of ear caused by *Pseudomonas aeruginosa*. Often initiated by self-inflicted trauma to ear canal (often with ear bud). Symptoms include severe pain – often more at night and exacerbated with manipulation of pinna; foul smelling discharge; granulations in ear canal;



and hearing loss. This condition needs a high index of suspicion and aggressive treatment as it can spread to the brain and erode the temporal bone. Strict monitoring and control of blood sugar is one of the cornerstones of therapy along with systemic and topical antibiotics and pain control.

Diabetic patients also need to be promptly treated for eczematous conditions of the ear canal.

Presbycusis or sensorineural hearing loss of the elderly coexists with and contributes to deafness in elderly diabetic individuals. Prompt management with use of good quality digital hearing aids and family support goes a long way in helping such individuals to cope with the disability and to stay socially integrated.⁽¹⁾

The writer is MBBS, DORL, MS[ENT] ENT Specialist at Cumballa Hill Hospital and Heart Institute, Mumbai, India

mind over body



You can't choose between mental health and physical health.
None matter in the absence of the other

When we get a headache, we pop in a painkiller. When we suffer from diabetes, we take regular medicines and injections. Why then when we feel anxious, the hesitation to consult a doctor? Why does taking medicines for depression become a cause for stigma?

Mental health-related disorders are just as prevalent as physical diseases. In fact, it is estimated that by the end of this decade, depression alone will be one of the leading causes of death and disability worldwide, second only to cardiac illnesses.

The spillover effect

Our state of mental health impacts every realm of our lives. It affects how we think, how we feel, and how we act. It affects how well we sleep and how much we eat. It directly impacts our ability to perform academically and professionally, our capacity to cope with day to day stressors and our ability to engage in emotionally rewarding relationships. Mental health related disorders can be every bit as debilitating as physical illness, if not more.

Hits physical health

Mental illness itself can worsen one's physical health. The contribution of stress in conditions such as heart disease and gastroenterological disorders are now well documented. How well we recover from an illness is also related to your coping mechanisms. Our moods can even influence our perception of pain and suffering, and compliance to medical treatment. At the same time, suffering from a mental disorder can also lead patients to behave in maladaptive ways that

The downside

Suicide is on the rise. Teenage depression is on the rise. Aggression is on the rise. Stress is on the rise. Substance abuse is on the rise. One in every handful of people will suffer from a mental health-related disorder sometime in their life. Some may be going through it now, some will later. We can't go on believing that they can never happen to us. And we can't wish these realities on a whim. Stigma is the first hurdle in seeking treatment for individuals suffering with mental illness. They're perceived as violent, unstable, dangerous and generally 'crazy', and often ostracized just for asking for help. So if you think someone in amongst your friends and family is experiencing psychological distress, don't brush it aside and try not to form judgments. Talk to them about it, help them confront their difficulties and seek help to get better.

adversely affect their physical health. Suicide, currently the world's eighth leading killer is almost always a result of an underlying psychiatric condition.

The invisible factor

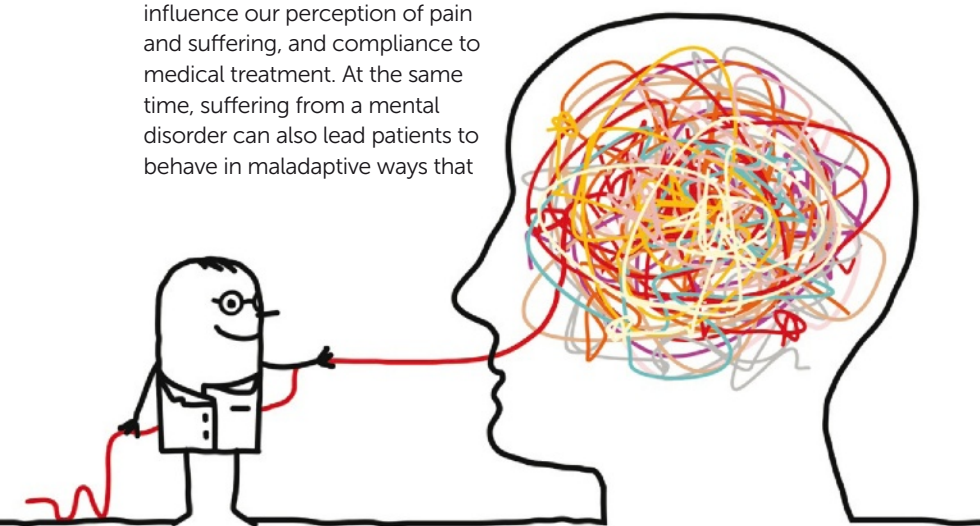
The problem is that mental health is 'invisible'. It can't yet be tested by a scan or a blood test. And so, it doesn't get nearly as much support and understanding as patients with a physical illness, even if both are suffering just as much. Ironically, in most mental health conditions, family support and understanding in itself could have gone a long way in helping the patient recover and move towards better health.

The good news is that mental illness is no longer shrouded in mystery as it once was. Evidence based research has taken it out of the realm of the

extraordinary and into the realm of science. We now know that mental illnesses are the result of a combination of neurochemical anomalies, psychological processes, stressful life events and family dynamics.

Remember that mental illness is treatable, and those who are suffering can go on to lead a normal and productive life in the future. Despite our preconceived notions, medicines don't go on forever, they are not addictive if taken correctly and don't alter our personality. Counselling and therapy are a way to correct one's errors in thinking, unravel dysfunctional relationship patterns, work through one's traumas and gain insight into one's own self, in order to be able to live a better adjusted and happier life.

Just as it is important to look after our physical health, we also need to make an effort to look after our psychological health. Make your happiness a priority. Look at not just physical parameters, but your emotions and relationship dynamics as well. If you feel like you're struggling to cope, take a step back. Make an effort to ensure that you spend time with friends and family. Take time out for yourself to do the things you really enjoy doing. Try to take a positive attitude towards life and adopt a healthy belief system. Most importantly, talk to somebody if you are stressed or not able to cope with your current life situation. If you are looking at true and holistic well-being, mental health can't be ignored. You can't choose between mental health and physical health. None matter in the absence of the other.





teething issues

Are you a victim of tooth abscess? If so check out what are the types of dental abscess, what is the treatment for the same and also the preventive measures

Do you have tooth Abscess? Wondering what a tooth Abscess means? Tooth abscess is an accumulation of fluid called 'pus' that forms inside the soft pulp or roots of the teeth or in between the gums, which typically originates from a bacterial infection. Bacteria in the mouth combine with the tiny food particles and saliva which forms plaque that builds up on the teeth. This causes openings in the teeth enamel and the infection may also spread from the root of the teeth to the teeth bones which can be very severe issue. Also, eating foods rich in carbohydrates can cause the bacteria in plaque to become more active leading to spread of tooth abscess. Various sugary and fizzy drinks contain bacteria which produce acids in the mouth. The combination of bacteria and excess acid production in the mouth can lead to the formation of a dental abscess.

World Oral Health Day now falls on March 20



Types of dental abscess:

There are two types of abscesses – Periapical Abscess is a tooth-related Abscess which occurs inside the tooth. Abscess usually leads to development of plaque, bacteria which affects your dental health by formation of tiny holes which are often caused by tooth decay. The bacteria continue to infect the centre of the tooth until it reaches the bone that surrounds and supports your tooth.

Periodontal Abscess is a gum-related abscess which is usually caused when the food gets confined between the tooth and the gum causing the formation of bacterial infection.

Symptoms & treatments for dental abscess

Treatment for dental abscess:

For the treatment of tooth abscess, a dentist may prescribe antibiotics when the infection becomes severe and starts spreading such as swelling of the face and neck.

The initial stage in treating a tooth abscess is to cut out the abscess and drain away the fluid containing the infectious bacteria in the form of pus, as it is a very effective way to cure the infection. This is done by giving local anesthesia which means that the patient remains awake during the procedure, but the affected area becomes numb so that there is little to no pain.

In case of periapical abscess, root canal treatment is typically suggested by the dentist. The procedure includes drilling the affected tooth to release the pus and removing any damaged tissue from the centre. After which the filling is then inserted into the space to prevent further infection. If, however, the infection reoccurs, one may need to go through an oral surgery to take out any further unhealthy tissue.

If one is suffering from periodontal abscess, the dentist will drain the pus and sanitise the pocket in the gum area. The surfaces of the root of the tooth are smoothened by filing below the gum line to heal the tooth and avoid further infection. In case of reoccurrence, the gum tissue needs to be reshaped to permanently remove the periodontal pocket. In certain cases, a dental abscess infection may reoccur even after dental and surgical techniques. In such cases or if the tooth is severely damaged or broken, it might need to be extracted.



Symptoms of Dental Abscess:

If one experiences the below mentioned symptoms, it is advisable to see a dentist for examination to avoid severe problems.

- Sharp pain (toothache) in the area affected while chewing
- Swollen face - red or inflamed skin over dental abscess area
- Inflammation of gums and discomfort while touching the affected area
- Foul smell and bitter taste in the mouth
- General sickness and fever
- Restlessness
- Sensitive to hot and cold temperatures
- Contraction of the jaw muscles – difficulty in opening the mouth
- Swollen neck glands - difficulty in swallowing
- Loosening of the teeth

Abscess usually leads to development of plaque

Preventional measures

Abscesses can be prevented if appropriate measures are taken at the right time. As per the dentist recommendations one should keep in mind a few basic rules to avoid severity at the time of abscess.

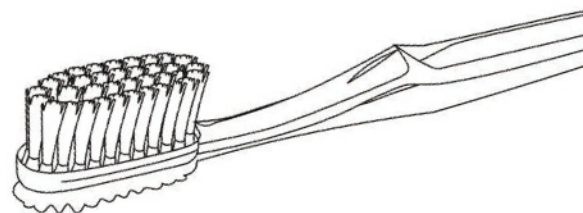
- Avoid hot and cold food and drinks
- Avoid fruits as they contain high amounts of sugar until the infection is healed
- Avoid chocolates, honey and

sweets during tooth abscess as it could worsen the situation.

- Eat rich foods that contain proteins and healthy fats (like ghee, butter, coconut oil)
- Chew the foods from the unaffected area
- Flossing should be avoided till it is completely treated
- Choose the toothbrush correctly; it must not be very hard.

Abscesses should be given proper heed as it spreads to other parts of the body and can be life threatening if

not dealt with immediately. One must not wait for the abscess to become damaging to the health and hence must visit the dentist regularly to ensure damage free strong oral health.





silent **HEART** attack

Twice as many people die from a silent heart attack as compared to those that experienced a myocardial infarction with chest pain. What are the risk factors, symptoms, how to identify a silent heart attack, what to do if you suspect a silent attack, prevention and treatment

A heart attack is a very serious and very sudden condition and occurs when a section of the heart does not receive blood. The leading cause of death among humans, a heart attack, also called a myocardial infarction (MI), often results from coronary artery disease, the most common form of heart disease to affect adults. Coronary artery disease, which can develop over years, is caused when a fatty substance called plaque, builds up in the arteries and restricts the supply of blood and

oxygen to our hearts. This lack of blood flow can cause the heart tissue to die and scar. Heart attacks can range from mild to severe affecting areas both small and large areas of the heart. Almost always, heart attacks are life threatening and require immediate attention. The scary thing is that 25 percent of ALL heart attacks happen "silently," without clear or obvious symptoms. Even when symptoms occur, they can be so mild or vague, most people don't even realise it's heart-related (unless they are made

aware).

Silent heart attacks can happen to anyone, but people most likely to experience silent heart attacks are those that have had a prior heart attack, individuals who have diabetes, women, men and women over the age of 65 and those prone to strokes. Individuals taking medication on a regular basis may also experience a silent heart attack. Twice as many people die from a silent heart attack as compared to those that experienced a myocardial infarction with chest pain.

The scary thing is that **25%** of ALL heart attacks happen 'silently'

RISK FACTORS

The risk factors for a silent heart attack are the same as those for a heart attack with symptoms. The risk factors include:

- Smoking or chewing tobacco
- Family history of heart disease
- Age
- High cholesterol
- High blood pressure
- Diabetes
- Lack of exercise
- Being overweight

PREVENTION OF HEART ATTACK

Your heart attack prevention strategy should be two-fold: seek help if you even suspect you are having a heart attack, and monitor risk factors such as cholesterol on an on-going basis.

Remember, not all heart attacks result in severe pain in the chest or radiating pain down the left arm.

Here are other symptoms to be aware of:

- nausea
- fatigue
- discomfort in the chest, jaw, back or shoulder
- sleep disturbance
- anxiety
- a pounding heart or arrhythmically beating heart



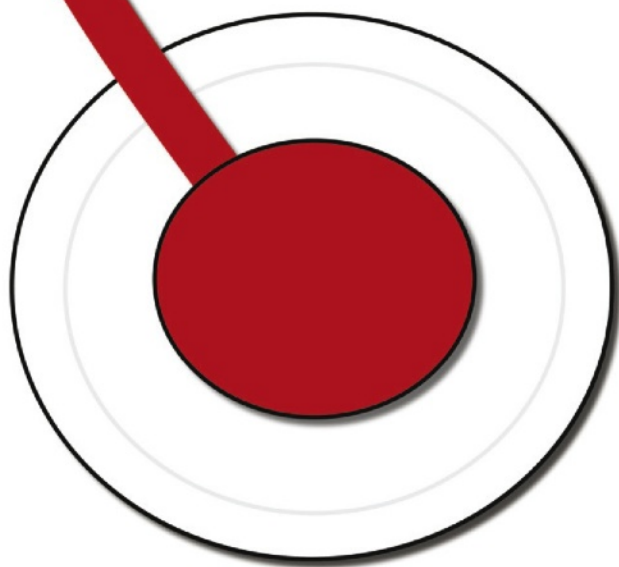
WHAT TO DO IF YOU SUSPECT IT IS A HEART ATTACK

Timing is the most critical factor for survival. Statistics show a clear link between delay in treatment and disability or death — the amount of time that elapses between the first sign of symptoms and receiving care. One item that is mentioned repeatedly in case studies is aspirin. If you feel you have had a silent heart attack, you may take a non-acetaminophen aspirin as studies have shown

doing so may help prevent heart damage that can occur from a silent heart attack.

Many people permanently damage their hearts because of pride! If you feel you may be having a heart attack, don't mess around! Seek medical attention immediately and whatever you do, do NOT drive yourself if possible. There is no shame in seeking medical attention for what you believe to be a heart condition. Do NOT be embarrassed if it's a false alarm, it's your life we're talking about!

If you wonder if you've had a silent heart attack, talk to your doctor. A review of your symptoms, health history and a physical exam can help your doctor decide if more tests are necessary.

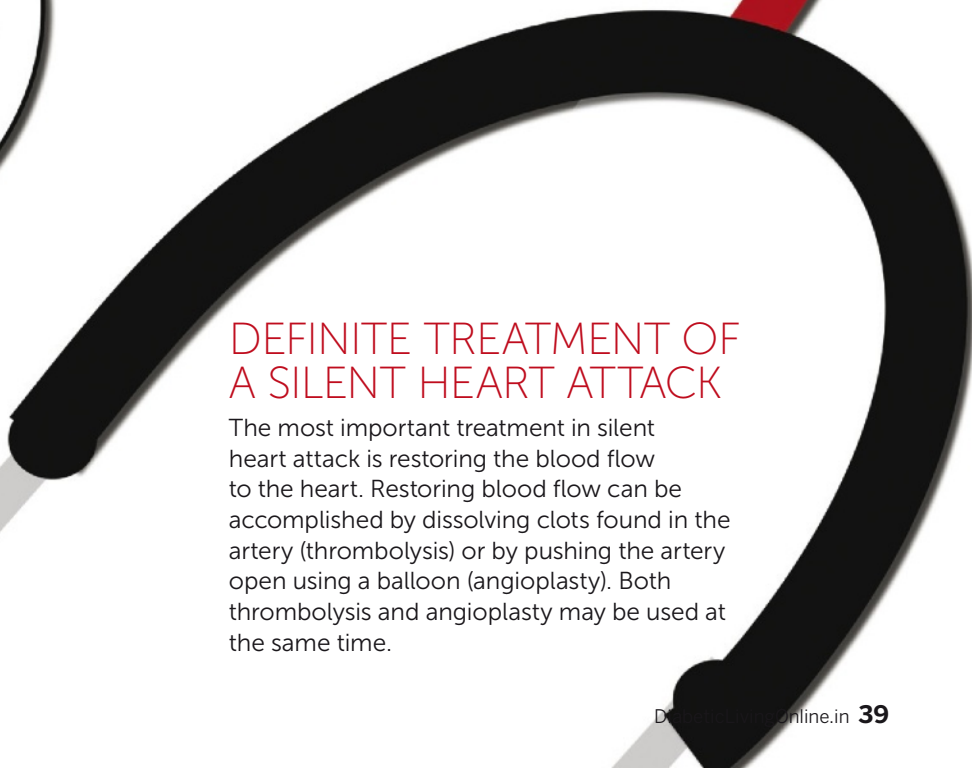


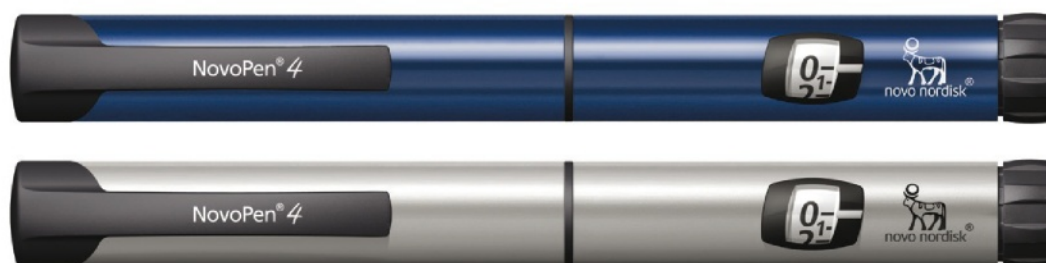
IDENTIFY A SILENT HEART ATTACK

The only way to tell if you've had a silent heart attack is to have imaging tests, such as an electrocardiogram, echocardiogram or others. These tests can reveal changes that signal you've had a heart attack.

DEFINITE TREATMENT OF A SILENT HEART ATTACK

The most important treatment in silent heart attack is restoring the blood flow to the heart. Restoring blood flow can be accomplished by dissolving clots found in the artery (thrombolysis) or by pushing the artery open using a balloon (angioplasty). Both thrombolysis and angioplasty may be used at the same time.





overcoming needle phobia IN PEOPLE LIVING WITH DIABETES

For many, regular insulin injections are essential for proper control of blood sugar, but some shun the treatment because they fear the needle

Piercing one's skin with a needle to inject some substance into the body is about as popular with people as plague. Fear of needles, officially called needle phobia, affects around 20% of the world's population.

Take the case of 48-year-old Neha Sharma (name changed), suffering from T2D for the past 10 years. When her blood glucose levels began to go haywire, her doctor suggested meal-time insulin. Suffering from a fear of needles after some initial uncomfortable experiences, she refused to take any more injection. The result was predictable: her condition began to worsen and complications began to arise in controlling her blood sugar levels.

Neha feared that the pain and discomfort she felt while taking injections will increase in intensity if she began to have them every day. Her doctors referred her to a

diabetes educator considering her deteriorating condition, and help her overcome her needle phobia. A review by the educator found that Neha was following the wrong injection technique. She was storing insulin in the refrigerator and using the same needle more than once. She was changing her pen needle only when inserting a new cartridge.

Less painful & easy to use:

Explaining her case, Dr. Rajiv Kovil who is associated with Dr. Kovil's Diabetes Care Centre, first Preventive diabetes centre and diabetic foot clinic in Mumbai says, "Most patients extrapolate Intra Muscular (IM) injections to Subcutaneous (SQ) injection. It is important for the patients to understand that Intra Muscular injection is usually given with a 24 Gauge needle which is usually thick and long whereas an insulin injection is given in the

subcutaneous tissue with a 32 Gauge fine needle where the prick of the needle is rarely felt. Such patients experience discomfort because of following improper injection technique, such as injecting cold insulin, using long needles (without a skin lift) and reusing needles. Most patients do not realise that modern-day insulin injections are designed to be less painful and easy-to-use.

Correct technique:

With the help of her diabetes educator, Neha adjusted her injection technique and added meal-time insulin to her treatment plan, as recommended by the doctor. She now has controlled blood sugar levels and is comfortable with taking injections daily.

A small degree of aversion for needles is natural, but a heightened fear can prevent patients from getting much-needed medical



According to **FIT India** recommendations, pen needles of sizes ranging from 4 to 6 mm are suitable for everyone with diabetes regardless of their BMI

INJECTABLE THERAPY IS CRUCIAL IN DIABETES TO ACHIEVE BETTER BLOOD GLUCOSE CONTROL

Needle technology has improved tremendously over the years. Needles as short as 4mm with thin walls are now available and they are compatible with all pens. Shorter needles are safer as they prevent patients from injecting deeper in the muscle layer. Such innovations have made insulin injections much less intimidating. For many people living with diabetes, taking insulin regularly and keeping a good control over blood sugar prevents long-term complications that can affect heart, blood vessels, eyes, kidneys and nerves. It is easy to manage diabetes with the right approach. Lifestyle changes, self-management, correct insulin treatment and counselling and help patients overcome their irrational fear of needles and keep a check on their elevated blood glucose levels



intervention. In fact, 3-5% of such cases never seek medical care. Needle phobia can have many biological or psychological causes like anxiety, sense of failure to manage diabetes, life-long dependency on insulin, fear of weight gain, low self-esteem also interference with quality of life.

Adds, Dr. AG Unnikrishnan, Endocrinologist and CEO, Chellaram Diabetes Institute, Pune, "The fear of insulin injections is an important deterrent to good glucose control. The use of a smaller needle lessens the pain, and is an important factor in ensuring that the patient complies with treatment regimen. In the long run, it is expected that this would improve glucose control - and prevent diabetes related complications. To bring such cases out of their needle phobia, they need to be taught the correct injection technique. They should know it is always preferred to keep insulin therapy at room temperature 30 minutes before use and use a new needle for each injection and choose shorter needles with smaller diameter, and inspect and palpate the skin prior to each injection to ensure that the injection site is healthy. People often assume that if they are overweight, they need longer needles. ❌

Dr Rajiv Kovil's Diabetes Care Centre, Mumbai and Dr A. G. Unnikrishnan is Endocrinologist, Chellaram Diabetes Institute, Pune

VITAL SUPPLEMENTS

Supplements can help in cases where one is deficient in some areas despite having a balanced diet

Supplements: Are they needed?

No, not all supplements are needed. While diet is the key to getting the best vitamins and minerals, supplements can help in cases where you are deficient in some areas despite having a balanced diet. The key is to ensure they're taken in addition to healthy diet choices and nutrient-dense foods. They're supplements, not replacements. High intake of certain vitamins like vitamin D, Vitamin A, Vitamin C, can cause toxicity. Eating well-balanced meals and intermittent snacks is important for maintaining a good glycaemic control. If your eating is not well-rounded, a vitamin supplement is not going to help much. Well controlled diabetes does not increase the need for supplementary vitamins and minerals.



VITAMIN D:

Low vitamin D levels or low vitamin D intake may predispose to the development of both type 1 and type 2 DM. In a study it was found that vitamin D intake above 800 IU/day and more than 1200 mg of calcium per day were associated with a 33% reduction in the risk of

developing type 2 DM compared with an intake of <600 mg of calcium and <400 IU of vitamin D. Sunlight is the major source of vitamin D. Vitamin D has two precursors, vitamins D2 & D3. UV rays in sunlight trigger the production of vitamin D3 in the skin especially between hours 11-2 PM for 15-20 minutes exposure. Vitamin D3 or cholecalciferol is the more active precursor of vitamin D. The other one is ergocalciferol or vitamin D2 and is absorbed from foods like liver and fish oil. These two precursors are combined in the liver and the kidneys to form the active vitamin D. Unfortunately, there are few dietary sources of vitamin D and for those in the Northern latitudes; the winter sun is not strong enough to allow their bodies to manufacture the amount needed, hence supplementation may be needed. Supplementing with vitamin D combined with calcium appears to lower the risk of developing T2 diabetes. However, getting too much calcium may interfere with the body's ability to absorb iron and zinc. Also, calcium supplements can interact with certain medicines.

Who could benefit from a vitamin supplement?

There are certain groups of people who may need supplements:

- ✓ People with decreased oral intake
- ✓ Those on vegetarian diets or who eat a limited variety of foods.
- ✓ Pregnant & lactating women
- ✓ Postmenopausal women(>50 years age)
- ✓ Limited exposure to sunlight, wear long robes and head coverings for religious reasons, or are dark-skinned.
- ✓ People with certain allergies, kidney disease or diseases of the gastrointestinal tract
- ✓ People who have had a weight loss surgery (bariatric surgery)
- ✓ Debilitating diseases

Vitamin B12

Vitamin B12 is needed for normal functioning of nerve cells. Vitamin B12 is important for the proper functioning of nerve cells and blood cells. It also plays an integral part in the synthesis of DNA and promotes the ability of your digestive system to maintain steady glucose blood levels. Metformin use in diabetic patients is one of the causes of vitamin B12 deficiency. Also in India, a country with a large proportion of population being vegetarians due to cultural and religious beliefs, very high prevalence of vitamin B12 deficiency has been reported. If you have diabetes and develop a vitamin B12 deficiency, your doctor might recommend an oral B12 supplement. If that is not effective because of a medical condition or because of a medication you are taking, your doctor could administer a B12 injection. Vitamin B12 taken orally, intravenously, or by injection reduces nerve damage caused by diabetes in most people. In adult patients with T2DM, intra muscular injections daily for a week then once every week for 4 weeks are sufficient to correct vitamin B12 deficiency. You get vitamin B12 naturally in foods such as beef, fish, milk, eggs, meats and poultry. Some breakfast cereals are also fortified with vitamin B12 during the manufacturing process. Associated folate deficiency should also be treated with oral folate replacement in doses of 5 mg daily for 1-4 months. There are no guidelines to address how often patients with T1DM and T2DM should be supplemented with vitamin B12. The optimal supplementation dose of vitamin B12 is also unknown.

If you choose to take a Vitamin supplement:

Select one with no more than 100 to 150 per cent of the daily value for the listed vitamins and minerals. Choose a brand that has the USP seal on the package. USP (U.S. Pharmacopeia) ensures the product meets standards for strength and purity. Check expiration dates.

Store supplements safely-in a cool, dry place out of reach of children.

Prior investigations should be done in at risk people, stating the deficiency and, then thereafter if required the doctor might prescribe you a multivitamin depending upon your levels. Is more better? Not necessarily. Taking excess can be harmful. Though many people take extra vitamins and minerals in the hope of preventing chronic diseases, overall, there is not enough scientific evidence to show that any vitamin supplement can help manage or prevent type 2 diabetes.


Vitamin B9 or Folic Acid:

Folic acid is the more stable form of folate found in dietary supplements and added to vitamin-fortified foods. Folic acid performs a number of functions, including DNA synthesis, red blood cell formation and metabolism of the amino acid methionine from homocysteine. Although rare, a deficiency of folic acid decreases the absorption of nutrients from the digestive tract, and usually results from a disorder, such as alcoholism or malabsorption syndrome. Diabetes medication metformin can interfere with the body's ability to use folic acid, which may have an impact on diabetic neuropathy.

Folic acid supplementation (FAS) can lower cardiovascular (CV) risk among patients with



Type 2 diabetes, by reducing homocysteine levels. Total homocysteine (tHcy) levels have been associated with CV risk and mortality in diabetic

patients and have also been linked to risk for micro albuminuria, cognitive deterioration, diabetic neuropathy, and foot ulceration. However, evidence for the effects of FAS on homocysteine levels in individuals with T2D has been contradictory. Offsprings of women with pre-gestational diabetes mellitus have an increased risk of congenital anomalies including neural tube defects (NTD's). Maintaining healthy eating habits and proper levels of vitamins such as folic acid before conception and during pregnancy helps decrease the risk of some birth defects such as neural tube defects (NTDs), heart and limb defects, urinary tract anomalies, narrowing of the lower stomach valve, and oral facial clefts (like cleft lip and cleft palate). Dietary supplementation with 5mg folic acid daily prior to conception; and for all other reproductive-aged women, 4 to 1 mg folic acid daily for at least 2 to 3 months prior to conception, throughout pregnancy, and during the postpartum period. Foods that contain folate, the naturally occurring form of folic acid, include beans and lentils, peas, soymilk, vegetables: green leafy vegetables, fortified foods. The other vitamins which have been researched with context to their beneficial role in diabetes are vitamin C, E, Vitamin B6 (pyridoxine). Hence, there is no definite conclusion on the right amount to get these beneficial effects. 

towards a world without AIDS



Photo by: Gagandeep/IAVI

In honour of World AIDS Day (1 DECEMBER), Dr. Rajat Goyal, Country Director, India, at the International AIDS Vaccine Initiative (IAVI), tells us why the world needs an AIDS vaccine

When I was a young medical student in Mumbai, telling a patient that they had tested positive for HIV was like reading them a death sentence: anyone who was infected had little hope of a long and healthy life. Today, that is thankfully no longer the case.

One major reason for this has been the development of antiretroviral medicines, which have revolutionized the way we think about the disease. People who have access to the right medicines can control their HIV infection and stay healthy for much longer. Thanks to this progress, and other interventions, millions of lives have been saved.

In India, more than 25 years after the first case of HIV/AIDS was identified, the country has made enormous progress in fighting the disease. The Government of India

has worked tirelessly to prevent new infections, and to support and treat those who are already living with HIV. The National AIDS Control Organisation has done terrific work making antiretroviral medicines available to those who need them. As a result, hundreds of thousands of deaths have been prevented. The number of people infected with HIV in India each year has declined by more than half in the last 12 years, and the number of people dying from AIDS in India has fallen by approximately one-third. Elsewhere in the world, we have seen a similar story: nearly twelve million people now have access to antiretroviral therapy globally, and AIDS-related deaths have fallen sharply.

Perhaps understandably, this good news has led many people to speculate that the AIDS pandemic



As experience with diseases like smallpox and polio shows, to end the pandemic we are going to need a vaccine



In 2009, a candidate vaccine tested in Thailand and offering modest protection against HIV infection proved that an AIDS vaccine is possible

may be over. Additionally, stories about patients who seem to have been "cured" of HIV infection after receiving experimental treatments add to such speculations - that the world may finally be reaching the "end of AIDS".

However, as a doctor working on AIDS research; it is clear to me that such claims are very premature. Unfortunately, the pandemic is far from over. Here in India, around 140,000 people still die from AIDS-related causes every year, and more than 110,000 people are newly infected annually (2011 estimates). Despite enormous progress in providing treatment, it is still a formidable challenge to get medication to everyone who needs it. Women and girls remain particularly vulnerable to HIV infection, and often are not in a position to negotiate things like condom use. With approximately 2 million Indians living with HIV, and many more at risk of infection, the financial cost of providing treatment for all is equally daunting.

Globally, the challenges are even more acute. More than 5,750 people worldwide are newly infected with HIV every single day, while half of all people living with HIV not knowing they are infected. In some countries, vulnerable populations are blocked from accessing life-saving treatment and prevention services. In this context, it is increasingly clear that to 'end AIDS', we must not only provide more of what works, but also develop new approaches.

Historically vaccines have proven to be the best tools in eradicating or controlling public health threats like smallpox and polio. Easy to administer, they have provided an effective barrier to infection proving to be the most cost effective solution to these global health concerns. Similarly, to end the AIDS pandemic



For illustration purposes only



Photo by: Charlotte Raymond/IAVI

WHO IS AFFECTED

Here in India, around 140,000 people still die from AIDS-related causes every year, and over 110,000 are newly infected. Despite great progress in providing treatment, it is still an enormous challenge to get drugs to everyone who needs them on a daily basis. Women and girls remain particularly vulnerable to HIV infection, and often are not in a position to negotiate things like condom use. With around two million Indians living with HIV, and many more at risk of infection, the financial cost of providing drugs for all is also formidable.

we are going to need a vaccine.

Consolidated global scientific efforts in this direction including in India have shown some promising progress. In 2009, for example, a study in Thailand found that a candidate vaccine could reduce the risk of HIV infection by around 30 percent, proving that a vaccine to protect against the virus is possible. Another exciting development has been the identification of 'broadly neutralising antibodies' (bNAbs); proteins which can block the virus from infecting cells and occur naturally in a small percentage of people.

A difficult target:

Developing any vaccine is not easy, and HIV/AIDS is a particularly difficult target. At the HIV Vaccine Translational Research laboratory in New Delhi (a joint venture between IAVI and the Translational Health Science and Technology Institute, an autonomous institute by the Government of India, under the Department of Biotechnology, Ministry of Science & Technology), scientists are racing to

keep up with this virus that mutates so quickly that it can dodge almost every weapon the immune system throws at it. Challenging this unique characteristic of the virus, our team together with the Government of India and scientists around the world, is dedicatedly working towards designing vaccine candidates that can encourage the immune system to produce broadly neutralising antibodies that would potentially block infection against a wide range of HIV strains circulating around the world.

In the last few years we have conducted three clinical trials of potential vaccines in India, in Maharashtra and Tamil Nadu. These didn't produce successful vaccines but were critical in informing the development of future candidates, fuelling further research. Our work also generated important benefits in the short term; such as providing free HIV testing for local communities, building state-of-the-art laboratories, training researchers and conducting epidemiological studies which help the authorities improve health



Dr. Rajat Goyal talks of the need for sustained and enhanced support for HIV vaccine research


Photo by: Bharat Vohra Photography/IAVI



services in the areas where they are needed most. In Maharashtra- housing a large migrant workforce and relatively high prevalence of HIV - household surveys are being conducted to help track the virus and map the groups most at risk of infection, thus, laying the groundwork for a future vaccine. Local Community Advisory Boards ensure the project is sensitive to the needs of local communities, who also benefit from improved access to facilities including HIV testing, counselling and referrals for treatment.

Thanks to such work and other multiple innovative programmes for AIDS vaccine design, in partnership with the Indian government aimed at addressing the Indian epidemic, the country is emerging as a hub for HIV research, sharing and strengthening technology and research findings with other countries in Africa and elsewhere.

Yet, there's still a lot to do!

The scientific challenges we face are significant, and increasingly constrained resources have made it difficult to sustain progress. But after more than 25 years of research, the question is no longer 'if' we will have an effective vaccine but rather 'when'. We must continue the momentum towards this urgently needed research. With dedication and perseverance, we can develop a vaccine to end this needless suffering and loss, and make the end of AIDS a reality. 

ON THE TURF

Godrej Properties brings you the Golf Challenge 2014-15

At Godrej Properties, it has been an endeavour to give the consumers an experience which is special and unique. They believe investing in relationships go a long way to build and enhance a brand, besides the many million smiles that they earn along the way.

They engage with their target audience in unique and distinct ways according to their preferences that range from events to theatre to music to sports. Their programmes go a long way in building and sustaining relationships with them.

Keeping in line with its tradition of providing enchanting experiences, Godrej Properties brings to you, yet another exciting and eventful series of the Golf Challenge 2014-15. This is the fourth and by far the biggest edition of the Godrej Properties Golf Challenge. This year's event will witness eight city rounds, and expect an increase in the total number of participating golfers to over 1000. This year's event will culminate into an International Finals showdown in Bangkok where each of the eight city winners will battle it out in

the action packed finale.

This year's tournament like earlier will follow the Stableford Points System across two handicap categories: 0-12 & 13-24 (3/4 Nett Stableford Points). Any member of a participating club can play in the tournament provided they have a valid handicap from that club. The top player in each handicap category from each of the seven clubs will then earn a chance to compete Internationally. Finals are tentatively scheduled to take place in Bangkok from January 15-17.

For the current season, Godrej Properties also plan to introduce a series of Golf Clinics, to be conducted across the eight cities. Mr. Girish Shah, EVP, Marketing & Sales, Godrej Properties, said, "When we started with the Golf Challenge, we had no idea it would be so popular and go this far. Godrej Properties, has always believed in engaging with customers on a personal level. They are really excited about the upcoming golf season and with this new season, they sincerely hope to continue to give players a unique and special experience as always.



Golf Clinics which

will be conducted across 8 cities are aimed at garnering a wider audience, ideally targeting club members & individuals who are interested in learning golf as a sport.

diabetic LIVING INDIA

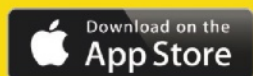


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goodness of passion fruit

Nature has a cure for every ailment, it is just about us being aware of the solutions. It is true to say that imbibed to our roots will leave us healthy forever



Passion fruit provides
a boost to the immune
system

This time we have come up with utmost passion for healthy living introducing to you the benefits of Passion fruit. This intriguingly mysterious fruit has surprising health and medicinal values. Widely available throughout the world, it has a high range of variety in colour. This has been cultivated and enjoyed because it helps to boost one's immunity system. Its immune strengthening property is due to the presence of vitamin C, carotene, and cryptoxanthin. A single service of passion fruit has more than 100% of the total required intake of vitamin C for a healthy diet. All of these vitamins act as antioxidants, which scavenge free radicals from the body and neutralise them before they can harm the organ systems and result in conditions like cancer, heart disease, or premature aging. Furthermore, vitamin C stimulates the activity of white blood cells and the rest of the immune defense system, by protecting you both from common illnesses and serious diseases at the same time.

Cancer Prevention:

It is a powerful source of anti-carcinogenic activity in the body. Antioxidants in passion fruit primarily eliminate free radicals, which are known for mutating the DNA of healthy cells into cancerous ones. Passion fruit also contains vitamin A, various flavonoids, and phenolic compounds, all of which have been

linked to anti-cancer properties, particularly in terms of oral and lung cancers. Aside from its cancer-protective qualities, vitamin A is also linked to improved eye health, including the prevention of macular degeneration, cataracts, and night blindness.

Asthma Attack:

A current scientific study stated that Passion fruit is an extremely powerful remedy for asthma victims. It is being setup like a non-toxic to medicines. Research worker from the university of Arizona as well as Mashhad Medical University in Iran had taken removes of Passion fruit peels and created them

into natural powder. It had been examined on several asthma victims in the USA as well as Iran for four weeks and results showed that the sufferers had experienced a lot less than individuals who got placebo.

The skin of the Passion fruit is made up of acids as well as chemical compounds that help to relieve high blood pressure and lower blood pressure level. Moreover, it is abundant with antioxidants, and is considered to be therapeutic for the heart. That is the reason why it relieves the signs and symptoms of asthma. The fruit's skin also offers higher quantities of flavonoids, which behave as natural antihistamines. It has been used to

cure hay fever as well as allergic reactions to pills and medicines.

Blood Pressure:

If you eat on serving of passion fruit each day, you can satisfy 1/4 of your potassium needs immediately. Potassium is a vital mineral in the human body for a number of reason, one of which is it is role as a vasodilator. It relaxes the tension of blood vessel and promotes increased blood flow, reduces the strain on the heart and increased overall cardiovascular health. Furthermore, potassium is necessary to maintain the proper fluid balance of the body's cells. Movement between membranes is often only allowed through potassium- regulated channels, so proper amount of this mineral are of extreme importance. So make sure you pop a passion fruit into your lunch once in a while to keep your heart healthy and your cells functioning.

Relief from anemia:

Anemia is easily the most typical problem of the blood. Roughly 3.5 million Indian women are influenced by it. In several areas of India serious anemia can also occur due to Malaria.

Passion fruit is really a wealthy method of obtaining nonheme or even plant-based Iron. Whilst the Institute of Medicine suggests that men get 6 microgram of iron each day and ladies obtain 8.1 micrograms, a cupful of raw passion fruit offer nearly 4 milligrams. Combined with overflowing cereals as well as iron- rich vegetables just like broccoli or even beets, a vegetarian could possibly get an ample amount of iron with the addition of passion fruit to her diet. The vitamin C content of the passion fruit likewise helps the body soak up its iron content full.

So, get for ready for a healthy you since "Healthy mind resides in Healthy body".

GREAT DIETARY AID FOR WEIGHT LOSS:

Passion fruit appears to be created for a fat loss diet. It can be lower in sodium as well as fat.

It provides a fair amount of carbohydrates as well as helps to reenergise. It also helps to reduce cholesterol levels.

The fruit has a high fibre content. It helps to satiate hunger pangs, keeps you full, prevents you from overeating.

Passion fruit is abundant with antioxidant Vitamin A, Vitamin C and flavonoids. These nutrients protect eyes from free radical damage. It also helps to avoid premature ageing, keeps immune system powerful.



Dr. Akanksha Yadav (Dietician) is a Ph.d in Food Science and Technology & M.Sc in Food, Nutrition & Dietetics

just right for diabetics

Diabetics need to choose the right food combination to live a healthy life and also aim at preventing unhealthy highs and lows in blood sugar levels

The food a diabetic consumes can either be a powerful medicine or a slow poison. The aim is to prevent unhealthy highs and lows in blood sugar levels that results in diabetes-related complications like heart disease, kidney problems and nerve damage.

Whole grains

Whole grains are rich in vitamins, minerals, phytochemicals and fibre. Cereal choices such as cracked Wheat, *Bajra* (Pearl Millet), *Jowar* (Sorghum), *Jou* (Barley), *Ragi* (Finger Millet), *Kuttu* (Buckwheat), Brown rice, Oats, Quinoa and *Amaranth* are beneficial as they help in regulating blood glucose levels. For packed cereals, pick those with at least 3g of fibre per serving and less than 6g of sugar. It is recommended to consume 4-6 servings well distributed throughout the day as per individual requirements, one serving includes 1 medium chapati or ½ cup cooked cereal.

Pulses and Legumes

Pulses and legumes are low in glycemic index, high in fibre and resistant starch, which helps in regulating blood glucose levels. They are low in fat and contain no cholesterol or trans fats. Pulse consumption has shown to improve the blood lipid profile, reducing total cholesterol, LDL- cholesterol, triglycerides, and increasing HDL-cholesterol, and has been associated with decreased body weight. They are a good source for proteins in a typical Indian diet, especially for vegetarians. Include sprouts in your daily diet, the process of seed germination results in a dramatic increase in their nutrient content. Say no to *dals* packed as *namkeens* as they are high in salt and fat content.

Complex Carbohydrates

Complex carbohydrates are high in fibre, which prevents instant spike in blood glucose by slowing the digestion and absorption of the sugars present in carbohydrate. Simple carbohydrates do the exact opposite - their sugars absorb quickly, causing rapid increases in your blood glucose, resulting in instability of your glucose levels and possible diabetes complications in the future. Every time you choose to eat a starchy food, make it count! Leave the processed white flour-based products and opt from the listed carbohydrate super foods.

Vegetables

Try to eat at least 3-5 servings of vegetables a day. A serving of vegetables is: ½ cup of cooked vegetables or vegetable juice; or 1 cup of raw vegetables. For maximum benefits eat seasonal, locally grown vegetables. Starchy vegetables, including potatoes, corn and peas are high GI vegetables. However, they can be a part of a diabetic meal plan by restricting their portions. Some super-veggies for diabetics include spinach, bittergourd, tomatoes, garlic, cucumber and fenugreek. Restrict intake of canned and pickled vegetables.

Fruits

Fruits are rich in carbohydrates, are packed with vitamins, minerals, antioxidants, and phytonutrients and make the diet alkaline. Fruits are best had fresh and whole. Fruits high in fibre such as papaya, apple, orange, pear and guava should be consumed. They can help curb sweet cravings in diabetics. However, due to their high carbohydrate content the portions and number of servings should be monitored. In diabetes, fruit should be limited to 2 servings a day; and fruit juices, canned fruits should be strictly avoided. One fruit serving will be one cup for fruits with high water content like berries, papaya, watermelon and half-a-cup for fruits like apples, pears, plums and peaches. One medium slice of mango or half banana also equals to one fruit serving. However, these fruits are high in glycemic index and should be consumed sparingly with a combination of low fat dairy to reduce the meal's glycemic load.

Fruit Superfoods:

Indian Gooseberry (*Amla*): It is one of the richest sources of Vitamin-c. It boosts immunity and helps in improving digestion. Also, it is a potent liver cleanser and works as a laxative. It helps in managing blood sugar levels in diabetics.

Jamun: It is an age-old remedy for diabetes. The seeds as well as the fruit are used in the treatment of

It is advisable to eat fruit between meals as a snack, not in addition to the main meal plan

type-2 diabetes. It helps remove toxins from the liver and prevents fatty liver infiltration.

Dairy

Milk and yogurt contain the right combination of carbohydrates and proteins that help control blood sugar levels. Including sources of dairy in your diet helps to get calcium and high-quality protein.

If you are lactose intolerant, you may try fortified soymilk, rice milk, or almond milk. Two servings of low fat dairy are recommended, one serving of dairy equals 1-cup milk or yogurt and ½ cup *paneer*.

The protein powerhouse: Meat, chicken, fish and eggs are primary sources of proteins. They are also rich in easily absorbable iron, vitamin A, zinc, B vitamins. Fish, shellfish provide omega-3 fatty acids. The best choices of protein foods are those that are lower in saturated fat like chicken breast or egg whites or fish higher in omega 3 fats like tuna and salmon. Depending on blood cholesterol levels, have only 2-3 eggs per week. Avoid cured and processed meats as they are high in salt and fat content.



Nuts and seeds

Most nuts such as almonds, walnuts, flaxseeds, pistachios contain at least one or more of these heart-healthy substances: unsaturated fats, omega-3 fatty acids, fibre, vitamin E, plant sterols, and L-arginine, which makes artery walls more flexible and less prone to blood clots. Word of caution: Because nuts are high in calories, it is best to portion them before eating, rather than eating them out of a bag. Avoid salted, sugared, honeyed, or chocolate-covered varieties, because they add calories, simple sugars, and salt.

Meal timings

Healthy eating is not simply a matter of what one eats, but also when one eats. You can avoid problems with hypoglycemia by planning ahead. For better diabetes management eat small frequent meals and fix meal timings as per your medication.



Nuts can improve blood sugar control in type-2 diabetes



Everytime you choose to eat a starchy food, make it count



whole grains are rich in vitamins, minerals and fibre

choose the right food combination

Lovneet Batra is Chief Clinical Nutritionist, Fortis La Femme

An apple a day...

Loaded with powerful anti-oxidant Quercetin, apples help reduce blood cholesterol levels and might lower the risk of heart disease, obesity and Type 2 Diabetes

Apples are one of the most popular and frequently consumed fruits in the world. Its unique and amazing health benefits are difficult to overlook. Apples are rich in vitamins, minerals, and other elements. Eating apples can help in preventing major diseases.

Apples have 84% of water, which keep your body hydrated. It not only satisfies your hunger but satisfies your thirst as well. Apples are low in calories, fat free, sodium free, cholesterol free and full of fibre. Apples contain immune-boosting Vitamin C, which is important for growth and repair of the body tissues like healing cuts and wounds and keeps teeth and gums healthy. USDA has recommended about two cups of fruit everyday for most of the adults, which helps in meeting your daily fruit intake. So if you snack one medium apple a day, you are halfway to meeting your daily fruit intake.

According to the Academy of Nutrition and Dietetics, apples are loaded with powerful anti-oxidant quercetin, which is found predominantly in the skin of the apple. It is a phytochemical with anti-

inflammatory and heart-protecting qualities and also reduces the growth and spread of cancer cells. Dietary fibre from apple, helps reduce blood cholesterol levels and might lower the risk of heart disease, obesity and Type 2 diabetes. Fibre aids in bowel function and helps to reduce constipation.

Apples are special 'Superfruits', which are tasty, affordable and portable, packed with powerful disease-fighting nutrients and health benefits. They have properties that no other fruit have and their benefits have been proven overtime.

Talking about its health benefits, Geetu Amarnani, Mumbai-based dietician, commented, "Apples have a lot of nutrients which are needed by the body. Packed with nutrients, vitamins, minerals and healthy dietary fibre, they are good choices any time of day. They are absolutely free from fat and cholesterol. Apples are a delicious source of dietary fibre, which helps in digestion and promotes weight loss. This wonderful fruit certainly has great benefits which are indeed a key for good health."

Packed with nutrients, vitamins, minerals, and healthy dietary fibre, apples are good choices any time of the day



Apples are
low in calories, fat free, sodium free,
cholesterol free and full of fibre



Apple and Ginger Chicken Drumsticks

INGREDIENTS

750g chicken drumsticks or thighs cut in two or four, salt and pepper to taste, 30 ml vegetable oil, 2 garlic cloves, 30 ml fresh ginger, 1 onion finely chopped, 1 pat of butter, 500 ml vegetable or chicken stock, 4 apples chopped.

METHOD

Season drumsticks with salt and pepper, Heat oil in a large saute pan, Add garlic and Ginger. Saute for about 2 minutes, add drumsticks and onion and sauté 3 to 4 minutes until chicken is browned. Add stock and apples and cook over medium heat until chicken is cooked through (approx. 30 minute).

SUGGESTED SIDE DISH

2 potatoes, 2 apples, ½ celery root, 1 pat of butter, salt and pepper to taste

METHOD

Peel and chop potatoes, apples and celery root until fork-tender, Saute apples in a part of butter until soft, puree all ingredients and season with salt and pepper to taste.

4 SERVINGS



Apple Salad

This fresh, light-tasting salad has a mildly nutty flavour with a hint of mint that compliments the super sweetness of the apple. Top with grilled chicken for a complete meal.


INGREDIENTS

2 apples, 2 medium carrots, 1 bunch small radishes, ½ cup golden raisins, ½ cup chopped fresh parsley, ½ cup chopped fresh mint.

DRESSING

50 ml cider vinegar, 30 ml honey, 5 ml Dijon mustard, SALT and pepper to taste, 175ml extra virgin olive oil, 2tsp sesame seeds toasted

METHOD

Quarter apples; remove core and thinly slice. Set aside in large bowl. Peel carrots and cut into matchstick pieces. Add to apples. Slice radishes and cut into thin strips. Add to apples. Gently toss with raisins, Parsley and mint. In small bowl, whisk together, vinegar, honey, mustard, salt and pepper. Slowly whisk in oil. Just before serving, toss salad with dressing and sprinkle with sesame seeds. 

Plums for diabetics

This fruit looks good and tastes great apart from the amazing health benefits it provides for. There is more to these red and juicy plums. Take a look

Plum Tart



Plums are stone fruits with a sweet pit that contain an assortment of healthy components, vitamins and minerals and also supply dietary fibre and offer very low calories without any harmful fats. This crimson red coloured fruit contains Vitamin B6, which helps in the transmission of nerve signals and aids in the smooth functioning of the nervous system. It also helps in the normal growth of the brain and assists in the formation of mood-influencing hormones. Tryptophan, an amino acid present in plums, helps in the production of neurotransmitter serotonin, which plays an important role in the sleep, appetite and concentration. Dr. Sudhir Tripathi, Vice Chairperson & Senior Consultant Endocrinologist, Sir Ganga Ram Hospital, New Delhi, says, "Plums contain an assortment of healthy components, vitamins and minerals. They exert anti hyperglycemic effects and help in combating diabetes. Plums have bioactive compounds that can potentially fight off obesity-related diabetes and cardio vascular diseases. The compounds in plums could be a weapon against metabolic syndrome in which obesity and inflammation lead to serious health issues. What is unique to this fruit is that their mixture of the bioactive compounds works simultaneously within the different

components of the disease. The four major phenolic groups work on different cells - fat cells, macrophages and vascular endothelial cells.

However, at the same time all of them are working simultaneously in different fronts against the components of the disease including obesity, inflammation, diabetes and cardiovascular disease."

He further states, "Plums are an excellent source of vitamins such as A, C (ascorbic acid), folate and vitamin K (phyloquinone). They are also a good source of vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 and Vitamin E (alpha tocopherol). The consumption of plum extracts aids in the reduction of blood glucose and levels of triglyceride in the body. The flavonoids present in the plums exert protective effects against insulin resistance and help to enhance insulin

sensitivity in the body. The minerals present in plums include potassium, fluoride, phosphorus, magnesium, iron, calcium and zinc. The majority of common fruits like plums, apples, strawberries have low to medium GI scores, which means that most diabetics can safely metabolise the fruit sugars through natural insulin production."

PLUM TART

MAKES 8

INGREDIENTS REQUIRED :

- 1 cup table spread at
- 6tsp sweet well
- ½ cup plum sauce
- 1 ½ tsp vanilla essence
- 1 ¼ cup refined wheat flour
- 1tsp baking powder
- 700g plums, firm and ripe
- 1 ½ tsp cinnamon powder

Method:

Sieve the flour and baking powder together and set aside. Wash and cut the plums into small pieces. In a large bowl, place the table spread and sweetwell. Beat well using a electric hand beater. Add in the plum sauce, cinnamon powder and vanilla essence and mix well, beating for 2 – 3 minutes. Add in the flour a little at a time and blend well to make a smooth batter. Mix in the plums. Pour this batter into a well greased tart mould. Bake in a pre-heated oven at 350 °C/ 180 °C for 35 – 45 minutes or till a

Salsa for you

Salsa is an excellent dip for chips- and raw veggies, of course. When you make your own fruit salsa, you can create flavours that you'll never find in stores

Plum Salsa



Plum truths

Plums are a very good source of vitamin C. They are also a good source of vitamin K, copper, dietary fibre, and potassium.

Plums belong to the 'Prunus genus' of plants and are relatives of the peach, nectarine and almond



skewer inserted in the centre of the muffin comes out clean. Serve warm.

PLUM CHILLI SALSA

SERVES 8

INGREDIENTS REQUIRED :

500g plums, firm and ripe
1 small cucumber
2 tbsp fresh coriander, chopped
1 ½ tbsp lemon juice
2tsp splenda
1 tsp garlic paste
1 tsp ginger, peeled and grated
½ large jalapeno chilli, minced
salt to taste
freshly black pepper to taste

Method:

Wash and cut the plums into ¼"

wedges. Peel, deseed and finely chop the cucumber and set aside. In a large bowl, place the plums, cucumber, ginger, garlic paste, salt, sweet well, lemon juice, jalapeno chilli, fresh coriander and black pepper to taste. Mix well. Adjust flavour with more lemon juice if required. Refrigerate for one hour. Serve cold. This can be refrigerated for up to one day.

ROASTED PLUM AND RICOTTA BRUSCHETTA

SERVES 8

INGREDIENTS REQUIRED :

500g plums
1tbsp extra virgin olive oil
1½ tbsp honey

Roasted Plum and Ricotta Bruschetta





6 leaves fresh basil
 ¼tsp salt
 freshly ground black pepper to taste
 150g fresh ricotta cheese
 1 loaf french bread

Method:

If you are using really small plums, then cut them into halves, else cut them into wedges. Place them in an oven proof baking dish along with olive oil, basil, honey, salt and a few twists of black pepper. Lightly toss it up. Place the dish in a pre-heated oven at 200 °C / 400 °F and bake for about 15 minutes till the plums are juicy and yet holding their shape. In the meantime, cut the French bread into thin slices. Place them on a baking tray and drizzle with a bit of olive oil. Bake till its toasty, turning them when half way through. Lightly spread the fresh ricotta equally on each toasted piece of bread. Top each toast with a few roasted plums and a spoon of the liquid in the pan. Serve immediately.

Sweet Sorbet

The unique sweet-tart flavour of plums makes every scoop rich and refreshing, something to add depth and lightness to baked desserts. If you have several varieties of plums at your disposal, try mixing varieties together for this sorbet.



PLUM SORBET


SERVES 4

INGREDIENTS REQUIRED:

700g fresh plums
 4tbsp honey
 1tbsp lemon juice
 4tsp splenda

Method:

Wash the plums and cut them into

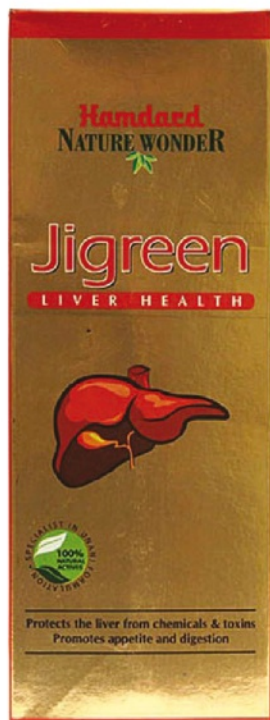
quarters. Place them in a bowl with honey and Splenda. Lightly toss them and let it stay for 30–45 minutes. Place the plums in a blender and blend well till smooth in texture. Season with lemon juice. Place the pureed plum mixture into a freezer safe container and freeze for at least one hour. Now beat it up again and transfer it back into the freezer safe container. Freeze for two hours. Scoop out the sorbet and serve in individual bowls. Serve chilled. 

Gitanjali Gurbaxani is a professional pastry chef and expert in eggless confectionery. Mail her at gitanjaligurbaxani@gmail.com.

nature's wonders

India faces a perpetual threat from prominent lifestyle diseases afflicting. Hamdard's unique range of herbal products aim at providing solution to complications of today's lifestyle diseases like diabetes, hyper lipidemia and liver diseases.

HAMDARD NATURE WONDER



■ Hamdard Nature Wonder is a unique range of herbal products which aim to provide solution to complications of today's lifestyle diseases like diabetes, hyper lipidemia and liver diseases. Nature wonder products are 100% natural, scientifically proven, clinically tested, available in modern easy to use format like tablets and capsules and safe on long- term consumption, and affordable.

An Overview of Diabetes

Diabetes mellitus (DM) is the single most important metabolic disorder that affects nearly every organ system in the body. It is escalating as an epidemic with the emergence of type 2 diabetes in children and young people. People with diabetes are 25 times more likely to develop blindness, 17 times more likely to develop kidney disease, 30-40 times more likely to undergo amputation, two to four times more likely to develop myocardial infarction and twice as likely to suffer a stroke than non-diabetics.

Diabeat

A proprietary formulation of time tested herbs like *Tukhm-e-Kalonji* (Black Cumin), *Tukhm-e-Methi* (Fenugreek), *Tukhm-e-kasni* (Chicory) & *Neeb* (Margosa). Diabeat helps provide long lasting and optimum control of blood sugar levels in patients of Type 2 Diabetes (T2DM).

Developed on the principles of Unani system of medicine, each ingredient of Diabeat is well known and thoroughly documented for its anti-diabetic activity in Unani literature. The synergistic action of the herbal ingredients in Diabeat works by stimulating the pancreas to promote insulin secretion, improve secondary utilisation of glucose and minimise absorption of glucose from the intestine. Diabeat not only provides long lasting and optimum control of blood sugar levels in case of Type 2 Diabetes Mellitus but also helps relieve associated symptoms such as frequent urination (Polyurea) and thirst (Polydipsia). Benefits of Diabeat include :

- Effective pancreatic stimulation
- Improvement in peripheral utilisation of glucose
- Scientifically proven blood glucose lowering properties. Thus maintaining healthy blood sugar level
- Relief from diabetic complications including skin infection, neuropathy, retinopathy and nephropathy
- Protection of the vital organs
- Research-based & clinically tested

Jigreen & Jigreena

Jigreen/Jigreena: Unique, all-natural, complex multi-herb formulations that ensure optimum liver function by virtue of their anti hepato toxic activity and help protect the liver against harmful toxins from drugs, alcohol, food and water. Developed on the principles of the Unani system of medicine, Jigreen and Jigreena are clinically tested for their efficacy in hepatitis of various origins and other liver disorders. They are recommended for use in the following conditions:

- In the prevention & treatment of Acute Viral hepatitis, Drug Induced hepatitis & Alcoholic liver disease.
- Loss of appetite
- As an adjuvant with hepato toxic drugs and a valuable adjuvant during convalescence and prolonged illness

Lipotab

A proprietary formulation of time tested herbs like garlic, turmeric and catnip. Lipotab helps in reducing the elevated level of cholesterol to the normal level. Developed on the principles of Unani system of medicine, Lipotab not only helps in lowering the lipid level but also improves associated symptoms.

skin home remedies

Skin care expert and aromatherapist gives us home remedies to keep our skin fresh and glowing

Skin is the first part of the body that is viewed by the outside world. Whether we meet strangers or friends, our face allows people to observe our general state of health. We also know that skin is the largest organ of the body. Most skin care experts recommend performing three steps once or twice daily to maintain a healthy glowing skin. This routine may seem difficult at first especially if we are not used to a skin care routine of any kind. If we begin to follow them loosely, however, we will soon start noticing significant changes in our appearance that will encourage us to make them as routine as brushing our teeth. With time we will establish our individual skin care routine, which will optimise our skin's natural health. These basic steps are cleansing, toning and moisturising or nourishing.



OILS & ITS USES

CLEANSING

Cleanser

Cleansing removes make up, dirt and grease from the surface of the skin and is necessary for all types of skin. It can be done with gentle exfoliant hydrosol rinse made of essential oils or rich cleansing creams. Cleansers can also be made of vegetables, nuts or flower oils. We can choose the one that is suitable to our skin type. It should be applied to the skin with the pads of the fingers using small circular motion gently spreading the cleanser over the entire surface of the skin. One could also use a facial brush, sponge or cloth to apply the cleanser but using the hand provides more control over the pressure put on the skin. To make a cleanser suitable for all skin types, we can use

- 1 tablespoon white clay
- 1 tablespoon powdered oats
- 2 tablespoon whole milk
- 5 drops lavender essential oil.

Combine all the ingredients in a small bowl and mix well. Massage gently over face and neck in an upward circular motion and rinse well. You can refrigerate the left over product for two days.



A toner should be according to one's skin type

TONING

TONER

After cleansing, one should apply a toner which helps to remove the leftover make up or oil residues and tone the skin. An effective toner will leave the skin feeling soft, fresh and supple. A toner should be according to one's skin type. An alcohol based should be avoided as it can cause skin to become dry and irritated. Aromatic hydrosols make wonderful facial toners on their own. To make a toner of all skin types we can use:

- 1 teaspoon apple cider vinegar
- 5 drops rose essential oil
- 3 drops lavender essential oil

Combine all these ingredients together in a small clean bottle and dilute it in about 50ml water. Apply gently to the face and neck using a clean cotton pad. You can cap the bottle and store it in the refrigerator for future use.

OILS & ITS USES

MOISTURISING

Moisturiser

The most important step is to moisturise and nourish the skin. For this one could use product containing natural oils, properly diluted essential oils to prevent moisture loss and give the skin a natural, youthful glow of health. One should use a moisturiser that suits one's skin type and has as many natural ingredients as possible. A day time moisturiser should also have a good natural SPF. The good night time moisturiser should be capable of repairing and nourishing the skin as we sleep. A basic moisturiser can be made at home using the following

1 teaspoon aloe vera gel

2ml sesame seed oil

5 drops geranium essential oil

Blend all the ingredients well and store it in a glass pot.

Apply it evenly to the skin. Store the remaining in the

refrigerator for future use, should be used within 3-4 days.

Here sesame seed oil acts as a natural SPF too whereas Aloe vera and Geranium moisturise and nourish the skin well.



A day time moisturiser should also have a good natural SPF



Regular **aromatherapy reduces stress** to a great extent which has been found to be one of the major triggers of **diabetes**

AROMATHERAPY

DIABETES CURE

Though Aromatherapy does not claim to cure diabetes, however, essential oils can be used to reduce the side effects of some complications (i.e., ulcers, loss of skin integrity) and to reduce infections that often take longer to resolve than in non-diabetic patients. A person suffering from diabetes can be affected in one way or another. One common problem is that the legs become cold and numb at times and there is pain when walking. For this, make a foot bath by adding 5 drops of Geranium essential oil and 2 drops of Ginger essential oil to a bowl of warm water and get the person to rest his/her feet there for at least 15 minutes. Also massage the feet legs, hands and arms with the following blend

10 drops geranium essential oil

10 drops ginger essential oil

10 drops Cypress essential oil

Dilute these in 30ml vegetable oil. A twice weekly full body massage helps to prevent some of the complications caused by diabetes specially in children.

anti-stress treatments

From dispersing or diffusing the aroma of plant products to scented baths and aromatherapy massage, there are several ways of using such treatments at home, to relieve stress and bring about relaxation of both body and mind



Treatments that help to relieve stress, induce relaxation, help mood upliftment, or relieve fatigue, have become so relevant to modern life. That is why treatments based on aromatherapy and essential oils have also gained popularity. Actually, this is not at all a modern concept, because such treatments have been in use since the ancient times. Ancient Ayurvedic texts contain records of the aromatic oils and plant extracts that were used to treat psychological and psychosomatic problems, as their fragrances were said to influence the nervous system and induce calm and relaxation. Dried flowers and leaves, for example, can be used as potpourri and left around the house. All one has to do is add a few drops of an essential oil to these at intervals.

Aromatherapy candles

Use aromatherapy candles. The aromas can evoke varied responses. Just smelling them can have the power to alter a person's mood or mental state. Candles are a wonderful way of diffusing the atmosphere around you with fragrance, to calm you, make you feel relaxed and reduce stress.

While buying aromatherapy candles, you can ask for particular scents, you may go for lavender, which induces relaxation or jasmine that heightens the senses and uplifts the mood. Rose calms and refreshes the mind, while Cinnamon is said to relieve fatigue. Another way of dispersing aroma is by using these special tea light holders, in which there is a recess below to burn a candle (tea light), while water, with a few drops of essential oil, is placed above. The heat from the candle warms the water and helps to disperse the aroma. In your diffuser, you can put 2 drops of rose or lavender essential oil along with 2 drops of lemon oil in the water. Geranium oil also helps to uplift the mood. It is said to create calm when there is anxiety and depression. Geranium is also great for stress-related conditions like acne.

Rosemary oil can also be used. It helps in relieving muscular tension

and fatigue and thus de-stresses both body and mind. Put a few drops of rosemary oil in a simmer pot or diffuser.

Evaporation

You may also try dry evaporation. Use cotton ball or tissue, put a few drops of essential oil, then allow to evaporate. Another way is to spray the essential oil into the air as a deodoriser or freshener. In a spray bottle, add a few drops of essential oil in water and mix well.

Essential oils can also be added to bath water to soothe and calm the mind, as well as remove fatigue. Rosemary oil, or cinnamon oil, would be good. Or, you can choose from lavender, or a citrus oil. They can also be used in foot baths. Soaking the feet in hot water is relaxing by itself and adding an essential oil to the hot water gives the added benefits of the aroma. During summer, add sandalwood oil to your bath water or foot bath. It is a natural coolant, has a calming effect on the mind and also protects and heals skin problems. Or you can add a lavender skin tonic or rose water to warm bath water.

Soak cotton wool pads in rose water and use them as eye pads. Place them over closed eyelids, lie down and relax for 20 minutes. This really helps to induce relaxation, reduce stress, remove fatigue and brighten the eyes.

Give yourself a light massage of the head, using only the finger tips, with

Many varieties of flowers are used to extract their essential oils



Extracts and oils of **rose, sandalwood, lavender, orange flower, brahmi, etc.,** have been used in Ayurveda for their **stress relieving benefits**




oils containing brahmi and bhringaraj. These herbs help reduce stress, bring about relaxation and nourish the nervous system.

Add 10 drops of an essential oil, like rose OR lavender OR neroli to 50 ml of carrier oil. Blend in small quantities, so that it does not turn rancid. This makes a good massage oil, leaving the body fragrant. If you wish to blend two oils together, make sure that the total amount of oil is 10 drops to 50 ml carrier oil. Almond or sesame seed (til) oils make good carrier oils for blending with essential oils, for body massage.

Essential oils, like oils of rose, orange flower (neroli), lemon or lavender, can also be added to rose water, to make a skin tonic. Add 5 drops of the essential oil to 50ml rose water. Oil of Neroli added to rose water can benefit dry and dehydrated skin. Oils of Lavender or Lemon added to rose water can benefit oily skin. Use these blends as natural fragrances.

For oily, combination and acne-

prone skins, add 10 drops of Sandalwood essential oil to 50 ml of rose water, to make a protective and refreshing skin tonic. Wipe the face with it, using cotton wool.

Yoga, pranayama and meditation can easily be adapted to our modern lifestyle. You can easily start with simple breathing and see how it actually helps to de-stress and bring about a feeling of calm. Deep breathing is an excellent means of reducing stress. You may sit in a comfortable chair, with feet flat on the floor. Your body should be relaxed. Close your eyes and begin breathing, slowly and with ease. Allow your mind to follow your breathing as you inhale and exhale. Breathe in slowly and deeply and then breathe out slowly. You will notice that your mind and body have relaxed. By focusing attention on your breathing you have pushed all other thoughts away for a while. Place an aromatherapy candle, tea-light diffuser, or potpourri near you whilst deep breathing and meditation. 

The fragrance of rose is said to have a cooling and calming effect on the mind and induce relaxation. Chill some rose water in a bowl. Using cotton wool, wipe the skin with it. Then pat the skin briskly with it. This stimulates circulation to the skin surface and adds a glow.



Deep breathing is an excellent means of reducing stress. You do not need to adopt the yogic posture

PICK 'N' MOVE

What's new in stores for you
this winter season

Tatha Mineral Foundation

The Foundation allows the skin to breathe whilst maintaining a natural radiant appearance.

Price : ₹ 1730;

Available: vedic-collection.com



Best Foods Brown Rice

Best Foods launches mono carton packs of 500g and 1kg Brown rice.

Price : ₹ 150 onwards for 1 kg;

Available: Over 100 retail outlets in Delhi/NCR & select Indian cities

Osim Uinfinity massage chair

Osim uinfinity massage chair offers humanised massage pleasure from head to toe.

Price : ₹ 4,99,000;

Available: osim.com



Palmer's firming butter

Palmer's Cocoa Butter Formula Firming Lotion replenishes moisture loss in skin for a healthy, younger looking skin.

Price : ₹ 520 for a 315 ml lotion

Available: palmersindia.com



Miele Stream Ovens

Generation 6000-Miele Stream Oven helps cook your food and maintain the value of vitamins and essential nutrients.

Price : ₹ 1,99,990-3,19,990;

Available: miele.in

Look Beyond

Look Beyond's liquid soap Morpheus has relaxation inducing qualities.

Price : ₹ 395(150 ml), ₹695 (300 ml)

Available: lookbeyondindia.in



my foot

When winter comes foot troubles aggravate for diabetics. Damage in the nerves and vascular supply makes diabetic feet more vulnerable and they need special care. Let's curb further complications by knowing what to do and what not to do



A close-up photograph of a person's feet, specifically the soles and sides, resting on a light-colored wooden floor. The skin appears slightly dry and wrinkled, particularly around the heels and between the toes. A dashed horizontal line runs across the middle of the image, passing behind the feet.

Winter moisture, cold and dryness increase the risk of a diabetes foot problem. Knowing what to do and what not to do can prevent foot complications

People with diabetes are at risk of having reduced blood flow to the lower extremities. Hence diabetic foot care is always important. But winter time can be especially hazardous, considering threats like numbness and decreased circulation. In India, many diabetic people develop more foot problems like cracks in the heels and fissures during winter months. Damage in the nerves and vascular supply makes diabetic feet more vulnerable and they need special care. Knowing what to do and what not to, can prevent foot complications. **Winter moisture, cold, and dryness increase the risk of a diabetes foot problem!**

POINTS TO KEEP IN MIND

Inspect your feet every day:

Anyone with diabetes needs to inspect feet daily. Look carefully at all the pressure areas of your feet and between your toes. Inspect for

any breaks in the skin, discharge, and changes in colour, blisters, corns or calluses. If you have trouble seeing your feet closely, ask a family member to help you or you can also use a mirror. Let your doctor know about any changes you find.

Nail care:

Untrimmed or infected toenails are a frequent cause of infections and ulcers. You can soak your feet first to soften the nails and then cut them straight across. If you have trouble trimming your nails, get professional help. Nails that are thick, crumbly, or discoloured may need professional care. Thickened, fungal nails should be filed down.

Moisturise your feet:

Diabetes nerve damage and poor circulation can cause decreased function of the moisturising glands of feet. Dry heat from blowers, like in the car, the heater blasting at your feet, can make dryness worse and lead to problems. During the winter months, it is advisable to use an extra emollient moisturiser on the feet. Keeping the feet moisturised prevents heel cracks and fissures that are painful and are prone to infection. Avoid moisturising



Proper footwear and socks:

Wear shoes with a rounded toe box that allows the toes to wriggle comfortably. At the same time, foot wear should fit properly so that the foot is secure. Choose leather and suede over synthetic material since natural materials allow air circulation to the foot. Wear thick, breathable cotton socks that wick away moisture




between toes since added moisture encourages bacterial and fungal skin infections. Ask your certified foot care nurse or doctor to recommend a suitable moisturiser.

Keep your feet dry:

Moisture that collects between your socks and your feet and between your toes can invite unwanted bacteria. Feet that are allowed to remain damp may develop fungal and bacterial infections. Dry your feet thoroughly after bathing or after becoming wet from exposure. Pay particular attention to drying the area between the toes since this is where athlete's foot infections most commonly develop..

Don't burn your feet!

Because of neuropathy, you may have a decreased ability to feel hot temperatures on the feet. For this reason, it is advisable to avoid heated foot massagers, heat pads and hot water bottles. Be careful when using electric blankets, hot soaks or warming your feet on a radiator. Always check water temperature with your elbow before you soak your feet. 

Estimate supported by several diabetes research bodies like India Diabetes Research Foundation; Diabetes Foundation (India); RSSDI



what the reports say

A survey across India's major cities reveals that diabetes affects a majority of the Indian populace

About
371 mn people
suffer from diabetes
across nation and half
of the cases are undi-
agnosed. Every year
4 mn people die
from diabetes

As per International Diabetes Federation, India has become the 'diabetes capital of the world' with 40 million people living with diabetes. In this context, Indus Health Plus released an abnormality report (July 2012 – September 2013) that revealed that a massive section of the country's population suffers from diabetes – 'the silent killer'.

In Maharashtra, sugar levels were found to be high surprisingly amongst youth especially between the age group of 25–35 years of age. Younger women in the age bracket of 30–35 years are prone to diabetes because of sedentary lifestyle. Diabetes risk levels have been observed to be high amongst men and women in the age bracket of 45–50 years.

Delhi being a capital of food lovers' diabetes is evidently high in numbers. Females are more prone to diabetes. There was 18% increase amongst men observed in diabetic cases, there was whopping increase

of 39% in females in the age group of 35–45 years. Obesity and stress has increased the risk of diabetes among people residing in Delhi. Close to 60% of those in the age bracket of 25–45 were detected with diabetes, majority amongst these were those with poor lifestyle and inadequate exercise and sheer negligence.

In Bangalore about 15–17% of the adult population has diabetes. Clear increase was noticed in the age group between 25–30 yrs both in male and female. 50% of diabetes cases were because of sedentary lifestyle. Diabetes has assumed epidemic proportions in Bangalore. Not just middle age group population but also 40–45% of the young Bangaloreans (25–45 yrs) didn't know the after effects of diabetes. Changing lifestyle and Bangalore being hub of IT with more of job opportunities for desk jobs has led to increase in this number. 33% of population in age group of 20–40 and rest from 40–50

years age group were obese, that does lead to increase in the chances of having diabetes also. Seeing the numbers, Bangalore remains top in diabetic cases.

In Hyderabad 32% of youth from urban population was seen to have abnormality connected to diabetes. Rising number of cases of hypertension and obesity amongst women has led to increase in the number of diabetes also. People consume polished rice, carbohydrates and coconut, which increases the risk of diabetes. 38% of total number of detections for diabetes was found in the age group of 25–40, in both sexes. Increased technological dependence has led to rise in obesity amongst youth especially which increases the risk of diabetes. Sedentary lifestyles, consumption of junk food among the youth and large quantities of rice in other population could be the plausible reasons for the increase in incidence of diabetes in South India.⁴¹

come let's do

BALLE BALLE

Named amongst the top five workouts in the US, *Masala Bhangra* is a new fitness fad that can help you shed those pounds

These days due to faulty lifestyle, many health-related problems are rising. Even the younger generation is suffering a cardiac arrest, diabetes or rise in cholesterol. Whether you are working or staying at home, keeping yourself fit is very important. Nowadays, so many fitness programmes have come, that you can choose the programme according to your personality. The latest to enter the arena is *Masala Bhangra*, Indian origin but western import. It is named one of the top five workouts in US.

What it means

The *Masala Bhangra* workout is derived from two Indian words: *Masala*, which means spicy in Hindi, and *Bhangra*, a traditional folk dance from the northern state of Punjab, India. Anyone who has grown up listening to Punjabi music, particularly the beat of the *dhol*, will have their feet tapping with this *Masala Bhangra* workout. It is a complete cardiovascular workout that blends traditional *Bhangra* dance steps with the exhilaration of Bollywood moves.

Cardiovascular fitness

A well-balanced fitness plan should incorporate cardiovascular fitness,





Fitness quotient

Masala Bhangra for health and fitness

If one has to measure Masala Bhangra on the fitness barometer, in terms of all elements of a well-rounded fitness plan, it measures up very high in terms of calorie loss and health benefits.

Cardio workout

muscle strength and endurance, core strengthening, flexibility and balance. We have to understand that cardio workouts are important to prevent early onset of conditions such as Diabetes, Blood Pressure, other heart related disorders, hormonal imbalances, obesity or simply to lose weight. *Masala Bhangra* is an excellent mode of cardiovascular fitness. It not only helps you lose weight with fun dance moves, but also strengthens the heart to accomplish any kind of cardiovascular exercise.

Masala Bhangra is a certified fitness programme supported by the fitness boards and devised by Sarina Jain. It is the only Indian fitness workout, besides Yoga, that is internationally recognised and accepted by everyone. Right now 15 countries have adopted *Masala Bhangra* in their fitness regime. It is heartening to see Japanese and Kuwaiti women dancing to the beats of *Bhangra*. The trainers are generally called *Masala Bhangra* Ambassadors, as they not only teach a dance fitness workout but also promote the Indian culture.

Exhilarating and effective

This workout provides overall toning, body conditioning and can build endurance, stamina and balance, in addition to burning up to 500 calories per class (depending on the individual). Every class portion is easy to follow and can be modified to the comfort level of the participant, making it accessible to all fitness levels.


This fitness regime is not restricted to a particular sex, or age group, anyone can begin this fun dance workout, the only challenge is to maintain the pace for about 45 minutes. A typical *Masala Bhangra* class, lasts for 45 minutes to an hour. The class begins with a warm up, then the cardio section and lastly the cool down. This continuous 45-minute to a one-hour class, results in an exhilarating, effective and fun dance fitness workout.

According to Swati Chatterjee, Director RDX Gym and Spa, "The workout leaves you energised, fit and definitely increases your stamina. *Masala Bhangra* is suitable for all age groups, and can be modified for all

fitness levels. And, what's amazing is that you can use these moves not only while working out but even be quite the star showstopper at wedding *sangeets* and parties. Highly enjoyable and easily adapted in a lot of choreography sequences."

Just like Zumba and Salsa, one should follow this dance/exercise regime 3-5 times a week for about half-an-hour. This unique dance mixes cardiovascular fitness with fun and also leaves you energised, fit and helps increase your stamina.

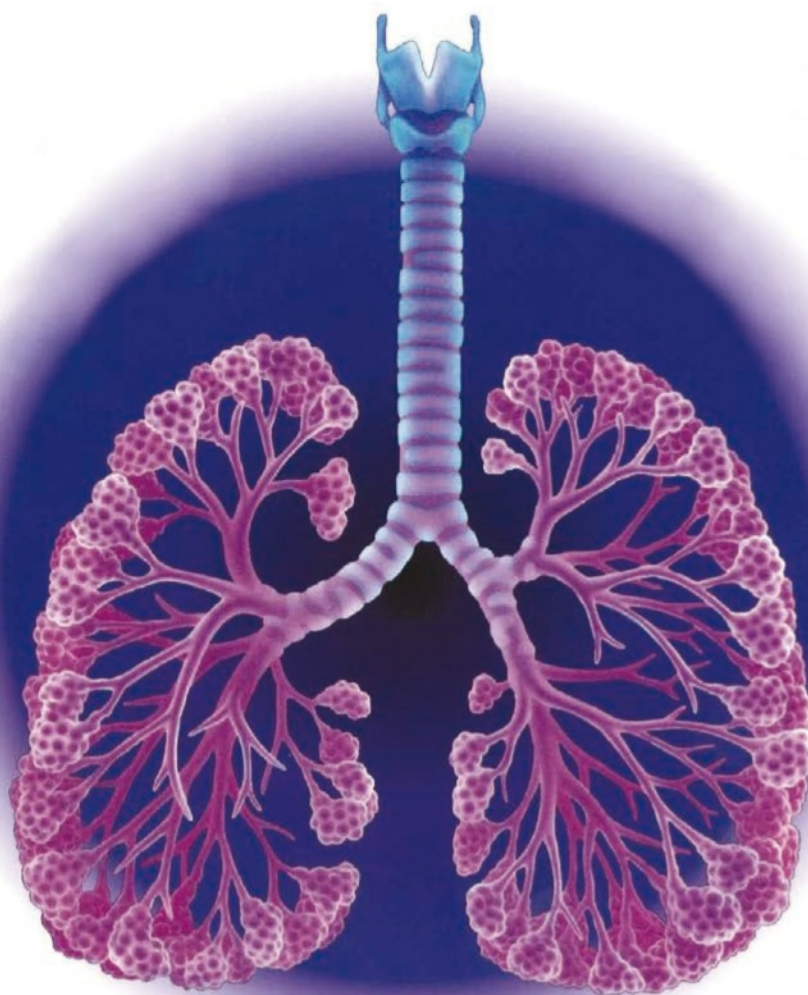
Another interesting aspect of this workout is that it can be easily done within the confines of your own home. You just need to have an ear for music. Nowadays gyms have started conducting *Masala Bhangra* classes.

So, next time when you want to prepare for a wedding, or want to lose weight in a healthy way, do go for masala bhangra. 

Swati Chatterjee, is a fitness expert, Masala Bhangra instructor and Director at RDX Gym and Spa.

COPD

means what?



**COPD Patients
face gradually**

progressive shortness
of breath, cough with
sputum production.
Other symptoms are
**chest tightness and
wheezing**

Globally millions of people are affected with COPD. It is the fourth leading cause of death in the whole world. With November 19 being observed as World COPD Day, we try and understand the characteristics of the problem, symptoms, preventive measures and management of the same

Chronic obstructive pulmonary disease (COPD) or in hindi we call it *Kaladama* as deposition of black tar occur in the lungs. This is different from asthma (*dama*). Asthma is predominantly an allergic disease caused by combination of genetic and environmental factors. Asthma is characterised by variable and recurrent symptoms of wheeze, cough, chest tightness, shortness of breath and the patient may be asymptomatic during allergy free periods in the early part of the disease. Asthma is predominantly associated with nasal symptoms as well, which characterises its allergic nature.

COPD is characterised by narrowing of airways along with destruction of lung tissue. Patients usually complain of gradually progressive shortness of breath, cough with sputum production. Other symptoms that may be present are chest tightness and wheezing. In advanced disease patient may have leg swelling, which is due to increased pressure on the right heart (increased obstruction with increased lung size compresses blood vessels coming from right heart) which prevents systemic drainage of blood to heart and increased swelling especially in the legs.

Tobacco smoke is the most common cause of COPD worldwide. In India, among tobacco use, smoking is one of the major causes of deaths and diseases like COPD, lung cancers and others and accounts for millions of such cases. Other causes of COPD are occupational exposure and air pollution. Passive smoking or second hand smoke is also the cause of COPD especially among non-smokers. At workplace increased exposure to dusts, chemicals, and fumes increases the risk of COPD. The industries commonly implicated are mining, cotton textile, and welding. Air



pollution especially indoor air pollution is increasingly being implicated as the cause of COPD in developing countries. Coal or biomass fuels are most commonly seen as a cause due to increased smoke production, which is detrimental to health whenever there is an inefficient exhaust system or poorly ventilated areas. Genetic factors may lead to COPD. This is suggested by the increased prevalence of COPD among relatives of patients with COPD. Also, deficiency of an important enzyme alpha 1 antitrypsin results in increased risk of development of COPD in future life.

The diagnosis of COPD can be made on the basis of history and symptoms itself, which are in themselves very classical and self-explanatory. Lung function test is then used to confirm the diagnosis. Lung function test especially spirometry shows the presence of obstruction in

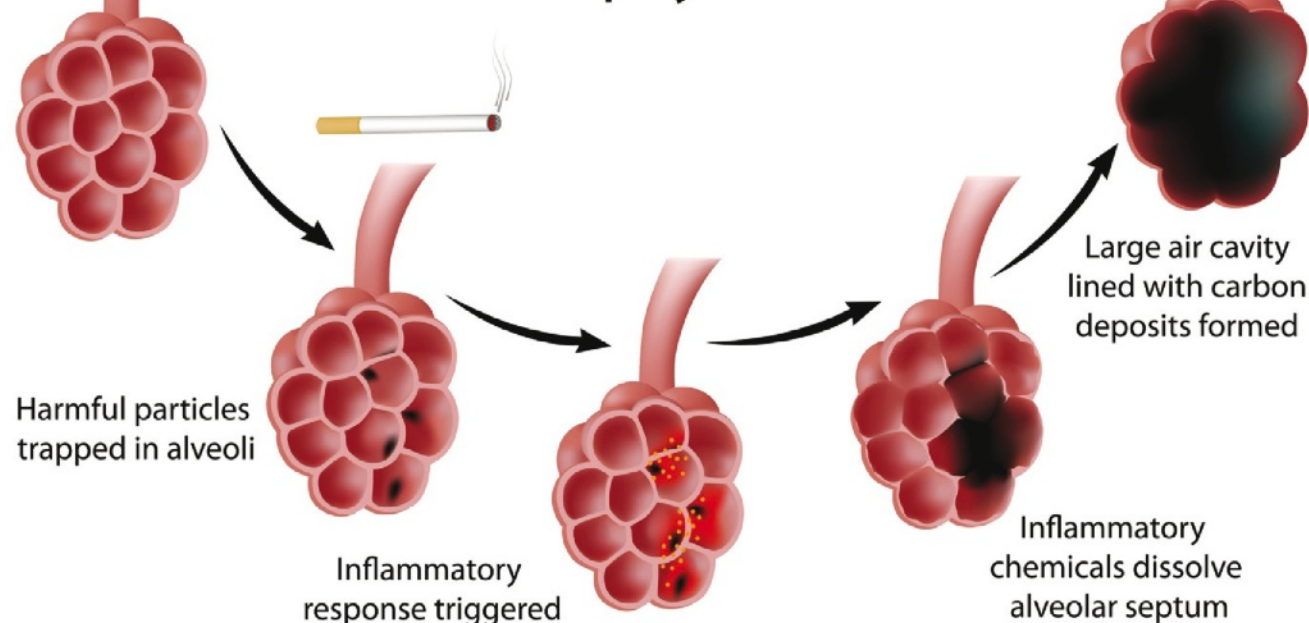
Among all patients with COPD about **85-90%** of patients give history of smoking or are current smokers, whereas around **20%** of smokers develop COPD

Healthy lungs

Emphysema

Healthy alveoli

Smoking and Emphysema



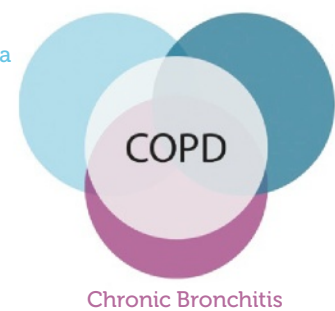
Non-invasive ventilation

Non-invasive ventilation (NIV) eg BiPAP are important tool in patient with COPD who presents with acute exacerbation and have respiratory distress with carbon dioxide retention. NIV is an important adjunct to the medical management of patient presenting with acute exacerbation. As we know that during exacerbation there is increase in the work of breathing more than the patients respiratory muscles can handle. NIV effectively unloads the respiratory muscles and help in tiding over the crisis period. Over the years, it has become a first line of therapy in patients with acute exacerbation with carbon dioxide retention. It reduces the risk if intubation and invasive ventilation, mortality, complications and length of stay in patients with COPD.



the airways and that is irreversible after giving bronchodilator or drugs. Chest X-ray also helps in diagnosis and ruling out other causes. It shows increase in the size of lung, which is a characteristic of patients with COPD.

There is no cure for COPD, therefore prevention forms an important aspect, which needs to be considered in every individual with risk factors for COPD. This includes smoking cessation, improving workplace conditions and indoor air quality. Smoking cessation involves social support, personal effort, cessation programmes, individual and group counselling and use of approved medications. Failure at first attempt is common and usually more than one attempt is required prior to long-term success in quitting smoking. Therefore, one should not be disheartened and



Symptoms of COPD

continue their efforts.

The major goals of management are to reduce risk factors, manage stable COPD, prevent and treat acute exacerbations, and manage associated illnesses. Smoking cessation and supplemental oxygen are not only beneficial but also reduces mortality among patients with COPD. Vaccination with influenza every year and pneumococcal vaccine every five year or lifelong is another important component of treatment.

Inhaled bronchodilators are the mainstay of medical management. They reduce symptoms, exercise limitation, decrease exacerbations and improve overall quality of life. Inhaled corticosteroids may not have a role in mild COPD but if helpful in combinations with inhaled bronchodilators especially in patients with moderate and severe COPD. Oral or intravenous steroids are used in exacerbations as they increase the chance of recovery and decrease the overall duration of symptoms. They should be used as a short course whereas long-term use is associated with its own significant side effects. Other medications used commonly are long-term antibiotics, mucolytics and methylxanthines.

Pulmonary rehabilitation (PR) forms another important component of treatment inpatients with COPD. The aim is to reduce symptoms, increase muscle strength and exercise tolerance, and decrease hospital length of stay. This involves respiratory muscle training and counselling (psychological and nutritional), energy conserving techniques, breathing strategies and education about the disease and how to manage it. And, this improves overall

quality of life, ability to exercise and reduces mortality. The types of exercise include aerobic, strengthening or resistance and stretching and flexibility exercises. The PR team involves doctors, nurses, respiratory therapist, physiotherapists, nutritionists and psychologists. Respiratory or chest specialist plays a pivotal role in PR programme by educating about the

Systemic:

- Tiredness
- Weight loss

disease, medical management and coordinating with other specialties.

Patients may require oxygen as the severity increases especially those who have low levels of oxygen at rest. If oxygen is required, it should be used for at least 15-16 hrs per day to show some benefits. It decreases the risk of heart failure and improves ability to exercise. The oxygen can be delivered via cylinder or through concentrators. The concentrators are useful for

long-term as they themselves make

Lungs:

- Cough
- Shortness of breath
- Wheezing
- Chest tightness

oxygen and are not very cumbersome as are the cylinders.

The only important issue is requirement of 24-hour electricity

for concentrators and therefore during power failures back up with oxygen cylinders becomes a necessity.


In very severe COPD cases or advanced cases, lung volume reduction surgeries or lung transplantation may be considered especially those who fit the eligibility criteria. Lung transplantation

Ankles:

- swelling (by secondary heart failure)

may be useful in younger patients with very severe form of COPD.

The economic cost to COPD is also huge and runs in trillions of dollars and half of it is required in the developing world. There is a need for an increase and much harsher government regulation on smoking and cigarette use. The addiction that caused diseases and increases countries economic costs is rampant at the moment. The argument that cigarette production and sale brings revenue is sheer myth as the cost involved in treating large number of diseases caused by smoking is enormous and runs into billions of rupees. Also, the loss of humanity is priceless and irreversible. 



Before you
start any skin care
regime while you are
pregnant, it is
important to consult
your doctor

prenatal & postnatal skincare

Cocoa butter is widely used as a treatment for pregnancy stretch marks. With its A, B1, B2, B3, C, B Vitamins, it is excellent moisturiser for skin health

Women face a lot of uncertainty as their bodies change during pregnancy, and many worry about how to look their best. Pregnancy causes hormonal changes that affect the body and therefore the skin. Skin during pregnancy can experience anything from blotchiness to acne. Pregnancy, along with the famous glow, also may result in skin problems like stretch marks and melasma (pigmentation of the face) or acne and dry skin.

Pregnancy is the perfect time to mix it up with your beauty regimen. It brings out a woman's natural beauty, and while the weight gain and growing belly may be frustrating, take this opportunity to enjoy the wonderful things that happen to your body. That natural glow is because your body is working overtime on blood production to have enough for two. To keep that glow looking great, it's important to keep your skin moisturised every day, and to exfoliate one or two times a week as well. This will enhance your natural glow and prevent splotchy spots from showing.

If you're pregnant, you must have already been bombarded with many do's and don'ts! But before you start any skin care regimen while you are pregnant, it is important to consult your doctor. You need to pay extra attention to your skin care regime and choose pregnancy-friendly products with care. With just a few small changes to your daily routine, you can get the glow going and join the ranks of the world's most beautiful pregnant divas!

Ugly Stretch Marks

During pregnancy, pregnant woman's hormones go through a transition period, leading to weight gain and mood swings. This rapid weight gain can cause stretch marks, dryness and itchiness of the skin. Pregnancy stretch



marks are pink or purple lines that appear on the belly, thighs, hips and breasts when the body expands to accommodate the baby, fluid and extra weight.

Cocoa butter is widely used as a treatment for pregnancy stretch marks. With its A, B1, B2, B3, C, E, vitamins, it is an excellent moisturiser for skin health. Massaging it onto your growing belly will keep your skin soft and pliable, which will allow your skin to stretch without tearing. For maximum benefits, choose a product that contains collagen, elastin and vitamin E as well as cocoa butter. These four ingredients will work together to keep your skin well hydrated and healthy, and maintain its natural elasticity. You should apply cocoa butter daily onto any areas of concern on your body, including your stomach, hips, legs and chest, to prevent stretch marks.

The largest clinical study regarding the effects of cocoa butter on stretch marks in pregnant women found that results were no different from placebo



Tips for dry, itchy skin

For dry facial skin use a gentle face wash or face cleanser followed by a heavy moisturising lotion or cream depending on the season. If you are experiencing itchiness and dryness of the abdomen, have 10 or more glasses of water and avoid agents that dry the skin such as products or soap that have alcohol as an ingredient. It is also a good idea to stay away from overly hot showers as well. A generous application of moisturiser enriched with soothing herbs like calendula, marshmallow root and aloe vera will help in providing relief to itchy skin while keeping it soft and lubricated. For dryness of your face exfoliate once a week to get rid of dead cells and dirt



Acne

During pregnancy elevated hormone levels can bring a variety of skin changes, which makes acne, a common complaint. Choose a fragrance free cleanser to wash your face and follow it up with a non-alcoholic toner, oil-free moisturiser and a water-based sunscreen.

When choosing over-the-counter medicated acne cleansers and treatments, it is advised that you consult with your healthcare provider first. There are products that contain benzoyl peroxide, which have been recommended safe for pregnant women to use. However, there are over-the-counter medications that you may want to avoid such as products containing salicylic acids. Always consult your health care provider before taking any medications during pregnancy, whether prescription or over-the-counter.



Avoid usage of any beauty or fairness creams, they might contain hydroquinone, a chemical that strips off the outer layer of skin, making it appear brighter. This chemical also causes some serious side effects to expectant mothers

Skin Discoloration

The mask of pregnancy called melasma and chlosma are dark spots that appear on the face due to increased pigmentation. It is common in pregnant women during the second or third trimester. This usually disappears or lightens post-pregnancy, and avoidance of the sun is the only preventive measure that can be taken. Applying a quality sunscreen with SPF 30 or higher is sure to help.

Hair Care

Resist the urge to go for a totally different hairstyle or hair colour when pregnant. It's best to have a low maintenance haircut during this time and ditch hair colours as colour contains chemicals and the baby is most susceptible to birth defects during this time.


But if you want to colour your hair, opt for henna treatment. For the glam look, light streaking is safer as the ammonia does not come into direct contact with the hair shaft.

Here's how to look and feel good up to your due date and beyond.

- **Relaxation and Rest** – The best way of taking care of your skin is to relax and rest. Make sure you have enough hours of sleep. Avoid taking stress in order to maintain a glowing face. If you are constantly running and stressful, your skin will take notice.
- **Use Mild Soap** – Application of anything harsh on your skin would not only affect you but also your baby. Avoid harsh soaps and cleansers that may dry out your skin.
- **Pamper Yourself** – Go get yourself a facial and a massage. Pampering

yourself is the best way of relaxing.

You are the mom to be, so why not give yourself a treat now and then. Get motherhood massages with essential oils as they offer excellent relaxation and will help uplift your mood and relieve feelings of anxiety. Some essential oils however have abortive effect during certain trimesters. So better to consult an expert before buying. Massages are especially healing for women suffering from back pain and swollen feet. It's a good idea to get pre-natal massage from an experienced masseur.

- **Always use Sunscreen** – Avoiding sunlight exposure is crucial to taking care of your skin while you are pregnant. If you need to be out in the sun, use sunscreen at all costs.
- **Water** – Make sure that you have ample amount of water each day. Keep increasing the number of glasses you take every day.
- **Some women find that their lashes aren't as full during pregnancy but using curlers can really enhance what you do have, and help to open up those tired eyes!** Keep your make-up simple and go for natural products as much as possible. A tinted moisturiser, concealer, mascara, blush and neutral gloss are all you should need to look gorgeous.
- **Diet** – Eat healthy to keep yourself and your baby fit and fine. Make sure that your diet includes an increased amount of vegetables and fruits.
- **Be Happy** – Smiling exercises more muscles of the face than a frown! Happiness increases the blood flow inside the body and thus, reflects in the form of a healthy and beautiful skin. So stay calm and happy at all times. 

Dry, Itchy Skin

Some mothers-to-be find their skin problems subsiding; others may suffer from breakouts or dryness. For dry facial skin use a gentle face wash or face cleanser followed by a heavy moisturising lotion or cream depending on the season.

If you are experiencing itchiness and dryness of the abdomen, have 10 or more glasses of water and avoid agents that dry the skin such as products or soap that have alcohol as an ingredient. It is also a good idea to stay away from overly hot showers as well. A generous application of moisturiser enriched with soothing herbs like calendula, marshmallow root and aloe vera will help in providing relief to itchy skin while keeping it soft and lubricated.

For dryness of your face exfoliate once a week to get rid of dead cells and dirt.

? how can we help you thrive with diabetes?

Please take a few minutes to tell us what you think about this magazine. Then fold the survey, place it in an envelope, and mail (address on opposite side). Your comments will help us meet your needs as you live with diabetes.

1 Where did you get this issue of *Diabetic Living* magazine?

- ☐ At home
- ☐ A store
- ☐ Friend or family member
- ☐ Doctor's office or clinic
- ☐ Other _____

2 Why are you interested in reading about diabetes?

Please check all that apply.

- ☐ I have type 2 diabetes
For how long? _____
- ☐ I have type 1 diabetes
For how long? _____
- ☐ I have pre-diabetes
(elevated blood glucose)
- ☐ My child has diabetes
- ☐ I am the caregiver for an adult with diabetes
- ☐ Diabetes runs in my family
- ☐ I am a medical professional

NAME _____

ADDRESS _____

CITY _____

STATE _____

PIN _____

E-MAIL _____

3 Where else do you find diabetes education/support?

Please check all that apply.

- ☐ Diabetes education class(es)
- ☐ Registered dietitian
- ☐ Family doctor
- ☐ Endocrinologist
- ☐ In-person support group
- ☐ Online support group/community
- ☐ Magazines/books
- ☐ Videos/DVDs
- ☐ Online
- ☐ Other _____

4 What information do you feel has been missing from your diabetes education?

5 Where do you access the Internet? *Please check all that apply.*

- ☐ At home
- ☐ At work
- ☐ Through a mobile device
- ☐ At the public library
- ☐ I do not have Internet access
(please go to question 9).

6 How often do you look for diabetes or other health information online?

- ☐ Daily
- ☐ Weekly
- ☐ Monthly
- ☐ Less than once a month
- ☐ I have never looked online for diabetes information (please go to question 9).

7 Please list the top three diabetes or health websites you visit.

1. _____
2. _____
3. _____

CONTINUE TO BACK

8

	HIGH INTEREST	MODERATE INTEREST	LOW/NO INTEREST
Diabetes medical news and research	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30-minute (or less) recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low-carb recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low-sodium recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Special-occasion recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Holiday recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recipes for two	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dessert recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What/how much to eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting started (newly diagnosed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medication and treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes procedures and tests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Easy exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reducing blood glucose and/or A1C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to avoid complications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mentally coping with diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reducing stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes products and services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inspiration from people with diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other			

[illegible]

☐ **Yes**, the editors of *Diabetic Living* magazine may contact me for more information.

9

	AGREE COMPLETELY	AGREE SOMEWHAT	NEITHER AGREE NOR DISAGREE	DISAGREE SOMEWHAT	DISAGREE COMPLETELY
The magazine is well-organised	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Articles do not give me enough information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Articles are colorful and attractive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The text size is too small to read	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The text size is easy to see and to read	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stories inform and educate me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stories inspire me to take self-care actions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stories encourage me to talk to my doctor or health care provider	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can get the same information elsewhere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The magazine keeps me up-to-date on the newest information about diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The articles are difficult to understand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The stories are realistic for someone with diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The magazine shows/describes people I can relate to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thank you!
We appreciate
your feedback.

Fold and mail
this survey in
an envelope
addressed to:

Diabetic Living Survey
MaXposure Media Group (I) Pvt. Ltd.
Unit No. F2B (Second Floor),
Mira Corporate suites, Plot No.1&2,
Ishwar Nagar, Mathura Road,
Delhi - 110065

Tarot forecast for Nov-Dec 2014

ARIES

Card of the Period:
Two of Cups



If you are staying grounded, and have been making headway in the choice of food you eat and your daily exercise practice, this period may come and go with no great strain. If, on the other hand, you have been ignoring your body's more subtle messages, you may receive a wakeup call. Attention is required in order to live the healthiest way possible.

TAURUS

Card of the Period:
Five of Coins



It doesn't have to cost a lot of money to stay fit and healthy. Instead of joining a gym, you can walk more and leave the car at home. If you can't walk to work, take long walks in your free time as way to get fresh air and stay fit. If you don't hear your body's messages, you need to take the time to tune in. Dancing to your favourite music will keep you in great shape.

GEMINI

Card of the Period:
Strength



There is wisdom in cultivating these abilities, and that often means not acting on them right away. To help with the cultivation process, bring yourself into a centred place and make room inside yourself to house your intuitive energies. Getting to a yoga class is highly recommended, although be careful in choosing which class. Choose a class that isn't too crowded.

CANCER

Card of the Period:
Three of Cups



It is not the situation that matters but how you handle it. Continue to breathe consciously, focusing on your breath when you exercise and when you go to sleep as a way of heightening awareness. What you eat is important, but how you put food into your mouth is more important. The food should be appetizing.

LEO

Card of the Period:
Six of Swords



You might find your throat becoming slightly inflamed. This is a signal to slow down and relax. It could also mean that you should do a detox for a few days. Make sure you stick to fresh fruits and vegetables and pure water to detox your system. Arrange the food in a pleasing manner before beginning to eat. Eat slowly and enjoy.

VIRGO

Card of the Period:
The Sun



The current transit is good for hanging out with friends and socialising in general. You are encouraged to gently embrace what you want and need in life - a critical step towards health and happiness. The judgmental side of your nature will also be tempered at this time. You need to go walking together with your friends.

LIBRA

Card of the Period: Nine
of Cups



You sense a struggle within yourself - what you want is different from what you need. If you choose to sail above the petty squabbling that occurs from time to time in your relationships, you will find it even more challenging to deal with this energy inside yourself. Do not ignore the tension that arises between your higher self and your human desires. Arm yourself to deal with it with a good dose of healthy aerobic exercises.

SCORPIO

Card of the Period:
Two of Coins



You seem to radiate a positively infectious vitality. Others may wonder how you manage to look and be so well. You might have to let the cat out of the bag and reveal how you made the transition from being 'just ok' to fantastic. Congratulate yourself! You've worked hard for this. And don't relapse into old behaviours. Keep up the good work.

SAGITTARIUS

Card of the Period:
The Hanged Man



You look like you have a lot on your mind, even when you don't! This is a good reason to involve yoga in your health routine. Yoga is good for the body, but it is essentially designed to calm the mind so that the spirit can be more present. The practice of yoga has many schools - one is certainly right for you. If you want to explore them, there are many introductory classes available. Try it out - a wonderful new experience may be waiting for you!

CAPRICORN

Card of the Period:
The World



If you miss sleep or skip meals, you are likely to say things you regret. Keep this in mind. Isolate yourself in a comfortable way. Recognising when we don't want to be around people is very important. A breathing session at home or a yoga class is highly recommended.

AQUARIUS

Card of the Period:
Four of Wands



Eat plenty of brain food. You seem to be dreaming up some big ideas now. It may be fun, but you could begin to feel burned out by all your enthusiasm. Plenty of oily fish and not too much caffeine will help you keep going and stay balanced. Be careful, too. Don't trip while your mind is on other things.

PISCES

Card of the Period:
Three of Cups



You may feel some extra energy. The astral alignment may make you more aware of your needs; stop being emotional and be practical. It's a good idea to make a plan for how the period and evening will go, and then stick to it. Make yourself as comfortable as possible.

THE ALTERNATE HEALING COMPENDIUM

Alternate healing is the use of therapies that do not fall under the title of Allopathic or mainstream medicine. This book lists numerous ailments with appropriate alternate healing methods, to help you find a method that resonates with you, and, is designed to serve as a tool for self-healing. Some modalities chosen for this book include crystals, colour, angels, sound, mudras, aromatherapy, reflexology and reiki.

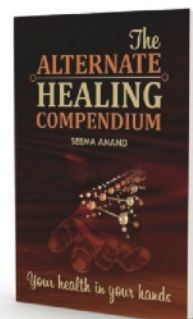
This book lists the chosen modalities and explains how you can use them for specific problems or illnesses. It also explains what *chakras* are and how they affect the body. Utilising the knowledge of *chakras* and energy in the form of crystals, colour, sound, and more, you can bring about a powerful healing for most physical problems ranging from a common cold to cancer, heart attacks, etc.

Anyone can use this book by simply identifying the problem that concerns them, choosing their preferred alternate healing modality, and following the instructions to start the process of healing. Before going to the ailments section, we recommend you read through 'Part A' that provides information about each modality. This

overview will help you in choosing a modality as well as gain an understanding of each modality and how it works. For example, colour healing works differently to crystal healing, as there are different processes involved. For those with limited mobility, *mudras* may be an easier option, as they require no outside tools such as crystals or coloured silks. All modalities complement each other and can be used together. You can use multiple modalities for one problem. You can also work on multiple problems at the same time, using one or more modalities.

About the Author

Dr. Seema Anand is the founder and promoter of Look Beyond. She is a doctor of Alternate Medicine, specialising in Clinical Hypnotherapy from Indian Board of Alternate Medicine.



Book: The Alternate Healing Compendium

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Language: English

No of pages: 454

Price: ₹ 28.99

Herb Crusted
Salmon Steak

Pears
Weggli
Pie

Spinach &
Cottage
Cheese
Cannelloni

Plum Pudding
With Cognac
Sauce

Stuffed
Cottage
Cheese
Steak

Tiramisu

Chicken
Caesar
Salad

X'mas platter

Of pudding
and pie...



When Christmas comes, we automatically picture Santa Claus, bells and candles, roasted turkey and rum cakes. We lay before you some Christmas delights and let you take your pick

Photos by: **Girish Mason** Food Styling: **Pallavi Singh**
Food Courtesy: **Park Plaza, Noida** Recipes by: **Sarabjeet Walia**
Executive Chef, Park Plaza Noida

Roast
Chicken



Roasted Pumpkin
and Carrot Soup

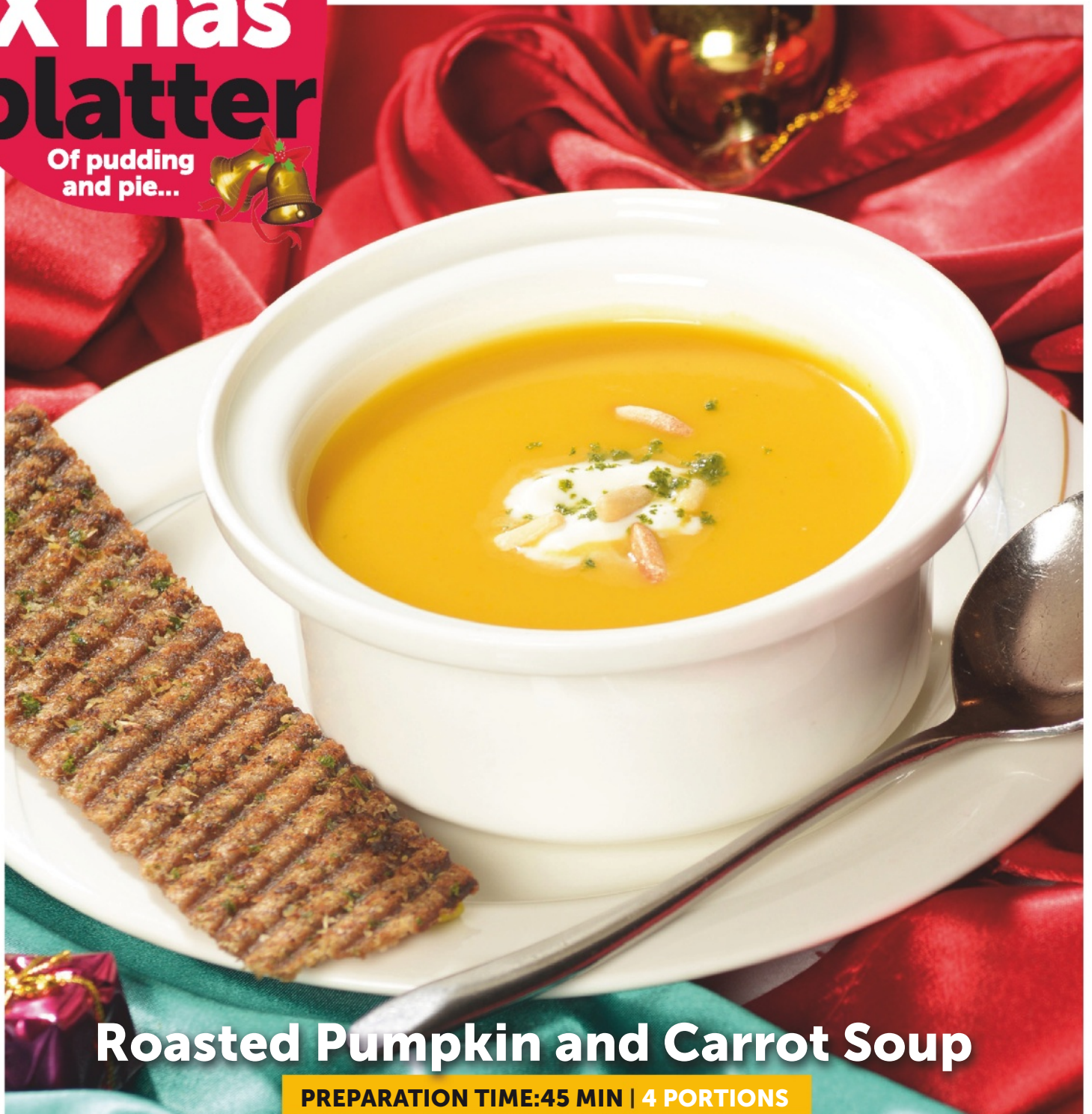


Prawn
Cocktail



X'mas platter

Of pudding and pie...



Roasted Pumpkin and Carrot Soup

PREPARATION TIME: 45 MIN | 4 PORTIONS

INGREDIENTS

Pumpkin
500g
Carrots
200g
Garlic
20g
Olive oil
30ml
Onions
50g
Vegetable stock 500ml

Bay Leaf 2No.
Fresh rosemary
5g
Low fat cream
40ml
Ground pepper 5g
Seasoning
to taste
Pine nuts
10g

METHOD

- Preheat the oven at 220°C.
- Place diced pumpkin, carrot, onion, and rosemary in roasting tray and drizzle olive oil on top.
- Roast for 25 minutes till the vegetables are tender with caramel colour on it. Leave to cool.
- In a thick bottom sauce pan

sauté garlic and bay leaf, add the roasted vegetables and the stock, season with salt and ground pepper and bring to boil. Blend the soup until smooth. Add more stock if required.

■ Reheat and pour the soup into the bowl and garnish it with pine nuts and cream.



Prawn Cocktail

PREPARATION TIME: 15 MIN | 1 PORTION

INGREDIENTS

Prawn 'C'
Grade 120g
Iceburg lettuce
30g
Low fat mayonnaise
20g
Tomato ketchup
20g

Tabasco
02ml
Lemon 1
Black & green olives 5g
Cherry tomatoes 3g
Parsley 1g
Avocado 20g

METHOD

- Devein and blanch the prawns in lemon and salt, cool and keep aside.
- Slit the avocado in wedges and slice the lemon.
- Prepare cocktail sauce by mixing low fat may-

onnaise, tomato ketchup, Tabasco and lemon juice and stir in the prawns and avocado. Arrange in a bowl on the bed of iceberg lettuce. Garnish with parsley, cherry tomatoes, black and green olives and lemon wedge.

X'mas platter

Of pudding and pie...



Roast Chicken

PREPARATION TIME: 2 HRS | 4 PORTIONS

INGREDIENTS

Whole chicken with skin
1200g

Onion
50g

Carrot
50g

Celery
20g

Garlic peeled
10g

Broccoli
100g

Snow peas
80g

Brussels sprouts
80g

Baby carrots
100g

Asparagus
60g

Red Radish
60g

Olive oil
50ml

White wine
100ml

Salt
to taste

Pepper
05g

Mustard paste
50g

Worcestershire sauce
02ml

METHOD

■ Preheat oven at 180°C for 35 to 40 minutes

■ Clean the chicken from the cavity and rub it with the marinade of mustard paste, worcestershire sauce, salt, olive oil, pepper and keep in a chiller for some time after covering the breast and thighs thoroughly.

■ Place the marinated chicken on the roasting pan with roughly chopped carrots, onion, garlic and celery. Pour the cup of white wine over the chicken and roast at 180 degrees for thirty minutes. Lower the oven temperature to 160 degrees and continue

roasting the chicken, basting frequently with the pan juices till done with golden colour.

■ Carefully lift the chicken in the roasting pan, tilting it so the juices run out of the cavity into the pan. Let it rest for some time.

■ Strain and reduce the juices of the chicken to make a smooth gravy.

■ Blanch broccoli, baby carrots, Brussels sprouts and sauté them in olive oil

■ Arrange chicken and all the vegetables in a platter. Serve along with reduced gravy of the chicken.



Stuffed Cottage Cheese Steak

PREPARATION TIME: 25 MIN

1 PORTION

INGREDIENTS

Cottage cheese
160g

Bell Pepper
20g

Tomato
60g

Onion
20g

Zucchini
20g

Olive oil
30ml

Basil leaves
3g

Baby Carrot
15g

Brussels sprout
15g

Broccoli
15g

Low fat cream
40ml

Saffron
A pinch

Crushed Black pepper 02g

Parsley 05g

Garlic 02g

METHOD

■ Cut the cottage cheese into triangular shape, slit in between and marinate with oil, salt, parsley and crushed pepper.

■ For the stuffing, heat olive oil in a thick bottom pan, sauté chopped onion, garlic. Add blanched diced tomatoes, cook till soft. Add diced bell pepper, zucchini and cook for few minutes and check the consistency, add chopped basil to it.

■ On medium grill cook the cottage cheese steaks till golden from both sides and

stuff the prepared vegetable mixture in the slit cavity.

■ Make the saffron sauce by reducing cream and saffron, season and set the consistency.

■ Blanch snow peas, carrots, broccoli and Brussels sprouts and sauté in olive oil, adjust seasoning.

■ Pour the saffron sauce on the plate and arrange the stuffed steaks on it. Arrange the vegetables on the side and garnish with chop parsley and basil sprig.

X'mas platter

Of pudding
and pie...



Chicken Caesar Salad

PREPARATION TIME: 10 MIN | 1 PORTION

INGREDIENTS

Iceberg Lettuce
30g
Romaine Lettuce
100g
Low fat yogurt
30ml
Garlic
05g
Low fat cream
20ml
Salt
to taste
Chicken Breast
90g
Whole wheat Bread Croutons
20g

Cherry Tomato
05g
Olives
05g
Parsley
01g
Parmesan Cheese
10g
Olive oil
05ml
Crushed black peppers
01g
Capers
05g

METHOD

- Wash all the lettuce thoroughly and keep aside in the chiller.
- Make the dressing in a mixing bowl using low fat yogurt, cream, garlic, crushed black pepper and salt.
- Marinate the chicken breast with oil, garlic and seasoning. Grill the chicken breast until brown and done from inside.
- Make diced croutons with

whole wheat bread, toss in olive oil and bake in oven till crispy.

■ In a mixing bowl, toss the assorted lettuce with the dressing along with parmesan cheese and arrange in a bowl.

■ Slice the grilled chicken breast and arrange on top.

■ Garnish with parsley sprig, cherry tomatoes, olives, diced croutons, capers and crosstini.



Herb Crusted Salmon Steak

PREPARATION TIME: 20 MIN | 1 PORTION

INGREDIENTS

Salmon

160g

Parsley

20g

Bread crumbs

10g

Butter

10g

Parmesan cheese

10g

Mustard paste

03g

Lemon

01no

Pak choi

80g

Asparagus

15g

Seasoning

to taste

Dill

03g

Capers

02

Clarified butter

30ml

Pine nuts

02gl

Boiled Eggs

white dices

05g

Olives

03g

METHOD

■ Preheat the grill to medium temperature

■ Prepare a marinade with mustard, lemon juice, olive oil and seasoning. Marinate the salmon for 5 minutes.

■ Blanch and saute pak choi and asparagus.

■ Crust marinated salmon using bread crumbs, butter, parmesan cheese and chopped parsley and cook on preheated grill.

■ Arrange the salmon in

the plate on the bed of pak choi with asparagus. Pour the sauce and garnish with dill sprig.

Note: Can also be served with vegetable couscous

FOR THE SAUCE

■ Take a thick bottomed pan, melt the butter and add capers, olives, diced boiled egg whites and pine nuts. Season with salt and lemon juice.

X'mas platter

Of pudding and pie...



Spinach and Cottage Cheese Cannelloni

PREPARATION TIME: 20 MIN

1 PORTION

INGREDIENTS

Cannelloni sheets 2no
Spinach 100g
Cottage cheese 20g
Olive oil 10ml
Onion 15g
Garlic 5g
Red Capsicum 60g
Tomato 60g
Yellow Capsicum Julienne 5g
Green Capsicum Julienne 10g
Bread Crumbs 20g

Parmesan Cheese 05g
Mixed Dry Herbs 05g
Parsley 02g
Olives 10g
Balsamic reduction 02ml
Flour 20g
Sugar 02g
Salt to taste
Nutmeg powder to taste

METHOD

■ Blanch the cannelloni sheets and spinach, keep aside.

■ Pour olive oil in a thick bottom pan, sauté chopped onions and garlic in low flame. Add chopped blanched spinach and cook for few minutes. Add cottage cheese, nutmeg and adjust the seasoning and keep aside to cool.

■ Place the spinach mixture in cannelloni sheets lengthwise and roll up to form a tube.

■ Make a batter of flour, water and seasoning, apply it on the cannelloni rolls and roll the same with the bread crumbs mixed with parmesan

cheese, herbs and parsley.

■ Take a non-stick pan; grill the cannelloni rolls till golden-brown in colour. Cut both the rolls diagonally.

For the Sauce

Sauté onions, garlic, red capsicum, tomatoes for few minutes, add little sugar, salt and water, keep stirring. Cook till the red capsicum is soft. Adjust the seasoning and pass it through a strainer.

■ Pour the sauce in a plate, arrange the cannelloni on it, and garnish the plate with olives, bell pepper julienne, balsamic reduction and basil leaves.



Plum Pudding With Cognac Sauce

PREPARATION TIME: 3 HOUR | 4 PORTIONS

INGREDIENTS

PUDDING MIX

Unsalted Butter
100 g
.....
No Calorie Sweetener
20g
.....
Eggs
2no
.....
Refined Flour
60g
.....
Apple Chopped
50g
.....
Almonds
60g
.....
Cashew nut
60g
.....
Black Currants
60g
.....
Figs
60g
.....
Bread Crumbs
50g
.....
Rum
25ml
.....
Cognac Brandy
25ml
.....
Caramel color
10ml

Mace Powder
1g
.....
Green Cardamom Powder
2g
.....
Cloves Powder
1pinch
.....
Cinnamon Powder
1g
.....
Black Cardamom Powder
1g
.....
Nutmeg Powder
1pinch
.....
PIE FILLING
Milk
250ml
.....
Custard Powder
4g
.....
Corn Flour
4g
.....
No Calorie Sweetener
5g
.....
Cognac Brandy
5ml

METHOD

COGNAC SAUCE

■ Mix custard powder, corn flour and sweetener together and pour little milk to make a paste. Add brandy and keep aside.

■ Boil the milk and add the above mixture, Mix it thoroughly, to attain a sauce consistency.
■ Cool and serve with the pudding.

PUDDING PREPARATION

■ Preheat the oven at 160°celsius
■ Grease a pudding mould and keep it aside.
■ Prepare a mix of chopped apples, almonds, cashew nuts, black currants and chopped figs. Add the powdered spices into it and pour cognac and rum into it, mix it thoroughly.
■ Cream unsalted butter, sweetener and vanilla essence in a bowl till fluffy. Add eggs and mix well. Fold the flour and

bread crumbs into the prepared mixture and add soaked fruits and caramel colour.
■ Pour the prepared batter into the pudding mould and cover.
■ Keep the pudding mould in the double-bath tray and place it in the preheated oven for 2.5 hours.
■ When done take out of the oven and leave it to cool.
■ Serve with prepared cognac sauce.

X'mas platter

Of pudding and pie...




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Tiramisu

PREPARATION TIME: 30 MIN | 4 PORTIONS

INGREDIENTS

Bakery cream
200ml

Mascarpone cheese
200g

No calorie sweetener
10g

Egg yolk
4no.s

Kahlua Liquor (optional)
15ml

Gelatin 8g

Coffee powder 10g

Chocolate cake sponge
100g

Luke warm water
50ml

METHOD

■ Whip bakery cream and sweetener together until fluffy.

■ Soak gelatin in luke warm water and keep aside.

■ Dissolve coffee powder in Kahlua liquor and divide the liquid into 2 parts equally.

■ Mix 1 part of the coffee liquid with mascarpone cheese, egg yolks and Kahlua liquor and fold

gently whipped cream to it. Add dissolved gelatin and mix well.

■ Soak chocolate cake sponge in remaining coffee liquid and line it in a round mould. Cover the sponge with one-third of the cream mix. Repeat two more layers on it and refrigerate till set.

■ Demould the tiramisu on a serving plate and dust cocoa powder on top.

Pears Weggli Pie

PREPARATION TIME: 1 HOUR

4 PORTIONS

INGREDIENTS

SHORT CRUST BASE

Refined Flour
75g

No Calorie Sweetener
10g

Unsalted Butter
50g

Eggs
2no

Vanilla Essence
02ml

PIE FILLING

Almond Powder
100g

Refined Flour
50g

Unsalted Butter
100g

No Calorie Sweetener
15g

Egg 1

Fresh Pears
250g

Cinnamon Powder
2g

METHOD

SHORT CRUST

■ Grease 8-inch pie mould and keep aside.

■ Take unsalted butter, sweetener and vanilla essence in a bowl and mix it till fluffy, add eggs to it and

mix it thoroughly, fold in the flour and prepare a smooth dough.

■ Roll out the prepared dough in a greased pie mould and keep aside.

PIE FILLING

■ Preheat the oven at 180°C.

■ Take unsalted butter, sweetener and vanilla essence in a bowl and mix it till fluffy. Add egg and mix thoroughly and keep aside.

■ Mix cinnamon powder and almond powder into flour and fold into the prepared creamy mixture with half of the chopped

fresh pears. Pour the above mix into the prepared pie mould.

■ Arrange thinly sliced pears on top of the mix and place the pie mould into the preheated oven until pears are soft and custard sets in the centre.

■ Cool before serving. Garnish with whipped cream quenelle. 🍷



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